

POSTER  
INSIDE!

Lucy  
nude!

+ New Sophie  
Reade pics!



£1.80 Sp €3.10/Gr €3.60

15-21 Oct 2010 • www.nuts.co.uk

# Nuts

BRITAIN'S BIGGEST SELLING MEN'S WEEKLY!

SHE'S ONLY  
IN Nuts!

CRIPES!

My  
Sexiest  
ever  
pics! /



# Lucy naked!

Your favourite hottie  
bares her botty!



New 200mph Lambo!

+ Darren Bent!  
Dan Hardy!  
Wiley!





# THIS WEEK

15-21 OCTOBER 2010

## Nuts NEWS

- 4 Liverpool leaving party
- 6 Sophie Reade calendar
- 8 *Red Dead* zombies!
- 12 Lightest-ever Lambo
- 15 Cleveland Brown
- 17 Man-eating shark
- 18 Base-jumping lunatics
- 20 F-22 Raptor
- 22 Nuts chats to Wiley
- 27 Padded pants test!



Cleveland Brown p15

## Nuts FEATURES

- 42 Francoise Boufhal
- 46 UFC's Dan Hardy and Mike Bisping
- 50 Lucy Pinder naked!
- 60 Celebs caught short!

Francoise Boufhal p42



## Nuts SPORT

- 62 Darren Bent
- 64 Kammy's column!
- 66 Ray Houghton on how to save Liverpool!
- 69 Nuts About Sport
- 73 Quote Me On That!



Liverpool p66

## Nuts REAL GIRLS

- 74 Bedroom Babes
- 77 Our Postbag
- 78 Real Girls, Real Places
- 81 Ladies Confess



Misha p74

## PLUS!

- 10 Rude News
- 24 Lip-Reader
- 29 Don't Look!
- 31 Gear
- 32 Letters
- 34 Jokes
- 36 Pop Out In Public
- 39 The Truth About Sex
- 41 Camera Phone Comedy
- 70 Ring Of Truth
- 82 Fashion
- 84 Reviews
- 86 TV Guide
- 106 Pub Ammo

## GIRLS!

Lucy Pinder p50





# IN Nuts!



**CARS!**

Lamborghini Gallardo p12

**STARS!**

Bisping & Hardy p46



**FOOTY!**

Darren Bent p62



**IN THE Nuts OFFICE!**



Dan Hardy trembles in the presence of Nuts man



Kelly Andrews drops by



# Nuts NEWS

BANISHING UNWELCOME GUESTS, EVERY WEEK!

## Nuts' Liverpool leaving party!

Gillett and Hicks get a Scouse send-off!

We love a good shindig at Nuts, so when we heard that Liverpool owners Tom Hicks and George Gillett were to leave the club, it made sense to throw the mother of all leaving parties! So, complete with lovely Nuts ladies and a barrel-load of party paraphernalia, we descended on Anfield to join the locals in marking the end of an era. Sob! Funnily, there was a queue around the block to sign H&G's leaving card. Good riddance!



WORDS: NICK WATKINS PHOTOS: JIM INCOLNINI SYNDICATION

**PARTY TIME!**



## Bye-bye Yanks!

Messages from Anfield



**JOHN, 37, EVERTON**

"That goodbye card is brilliant! Gillett and

Hicks have definitely ruined Liverpool but I want them to stay because I'm an Everton fan! It's a good idea to have a celebration because the new owners are American as well, so hopefully they won't do much better!"



**JON, 34, ANFIELD**

"Having a party is a great idea. We need to get

these Yanks out of here! You can't blame them for everything though – the players aren't doing it on the pitch either. The way some of them have been playing is disgraceful. It's ruining the club!"



**JAY, 30, STANLEY PARK**

"I'm definitely celebrating the new takeover.

Hicks and Gillett aren't helping this club so I'll be signing your goodbye card! I've got to work for my living, the players get paid crazy money and they aren't performing – they need to shape up as well!"



**ANDY, 32, NOTTINGHAM**

"If getting the owners out

means we're having a party then let's get rid of them! OK, I'm a Nottingham Forest fan but it's a shame what's happened to Liverpool. Maybe this party will get the fans in a better mood!"





**Nuts EXCLUSIVE!**

# Sophie Reade's sexy new calendar!

A saucy helping of Sophie every blimmin' day? Heavenly!

**T**wo weeks ago, we brought you exclusive shots of loads of our babes' super-sexy 2011 calendars, but there was one missing – because it was still being made!

Step forward *Big Brother 10* winner and all-round booby legend Sophie Reade, who told us, "If you like my *Nuts* photo shoots, then you'll definitely love my new 2011 calendar as I'm hotter, ruder and sexier than ever before. It lets you get a piece of me every day of the year!"

We know one thing for sure, and we hope you agree – it was well worth the wait!

Buy Sophie's 2011 calendar online from: [www.redhotglamourgirls.co.uk/sophiereade](http://www.redhotglamourgirls.co.uk/sophiereade)

WORDS: FRANK TENNYSON PHOTOS: JOSH BASKIN



**BIG BROTHER BABE!**







**CHEEKY POSE!**



Nuts **EXCLUSIVE!**

# Red Dead Zombies

## First Play!

The undead  
are coming to  
*Red Dead!*

WORDS: RORY BUCKERIDGE

A plague has infected the world of *Red Dead Redemption* and turned the cowboys into the undead! Ordinarily, this would be a problem, but you're bad-ass outlaw John Marsten, and there's no problem that can't be solved with a six-gun and some stubble.

We've got hands-on with the zombie-filled *Undead Nightmare* download pack, and it's utterly inspired. A mix of all-new missions, plus awesome new co-op multiplayer, it could be the best £8 you spend this year. When's it out? We don't know! But trust us, it'll be very soon.

### ALL-NEW MISSIONS!

You have to clear graveyards of the infected, eradicate ranches of attacking hordes and escort uninfected civilians to safe houses like Fort Mercer.

### NEW WEAPONS!

Now you tote a blunderbuss with cannon-like firepower, holy water and "boom bait" – meat stuffed with dynamite to entice zombies, then soup 'em!

"This way to the Commonwealth Games rowing"

### NEW ENEMIES!

The infected come as standard zombies, fast "Bolters" who bowl at you on all fours, and "Bruisers" – barrel-chested varmint who knock you over.

"Stay there, fatty – I'm having all the crisps in this town"





Indy regretted his trip to Doncaster

## CLEARING CEMETERIES!

You clear the graveyards by torching coffins to bring out the undead. Kill enough and you'll face the cemetery boss, rising grumpily, from its grave.

"Mmm, this steak tartare is to die for, Heston"



"Right, Felix, time for you to get neutered"



## MYTHICAL CREATURES!

When "Mythical Creatures" appeared on our map the Rockstar man stayed quiet, but raised a sly eyebrow at "Chupacabra" and "Sasquatch".



"There'll be no gold medal for you this time, Phillips"



## ZOMBIE STEEDS!

Whistle for an already-dead horse with bones for legs and holes where the mane should be. It's faster but harder to control than an ordinary nag.



## Sam Rowley

In Seven Days

In the first episode of the reality show, Sam dressed as a saucy French maid. Now she's in just a bra, with a glass of wine in one hand and a gun in the other! Reminds us of our missus!



## Kara Tointon

Photo shoot, Marbella

Splashing about on sandy beaches is hardly good practise for *Strictly Come Dancing*, but look on the bright side – it could have been Ann Widdecombe all damp in a see-through shirt!



# RUDE NEWS

The ladies foxtrotting into our hearts this week

## Adriana Lima

Lingerie photo shoot

Now here's something we'd like to get our hands on! Worth £1.5m and wonderfully tactile, it is, of course, Victoria's Secret's Fantasy Bra. So is it weird that all we want to do is take it off?



## Gemma Merna

On her hols, the Caribbean

As much as we love good old Blighty, the chances of Gemma sauntering past in a tight two-piece are relatively slim. That, and the fact that we're actually on the fourth floor!







# Danielle Lloyd

## Photo shoot, London

After a few months off the radar, Dani returns with a scorching shoot, possibly inspired by the Commonwealth Games gymnastics. With a textbook clothing dismount, to boot!



# Porchia Watson

## Photo shoot, Spain

Our Porchia is making ITV2 watchable (in itself no mean feat) on reality show *The Only Way Is Essex*. They considered *The Only Way Is Norfolk* but it didn't seem so compelling.

**NEWS FLASH!... NEWS FLASH!... NEWS**



# Nuts news flash!

**Sophie Howard on The X Factor live shows!**

**"I'm excited the live shows have begun. I'm horrible, so shows where people's dreams are ruined are my favourite!"**



# Lightest-ever Lambo!

## Car diet produces 200mph Gallardo!

- The Lamborghini Gallardo LP 570-4 Blancpain edition sees the Italian marque join forces with Blancpain, a fancy Swiss watchmaker.
- The edition is based on the Superleggera, with a few bits from the race car tacked on – including a monster rear spoiler and an engine cover designed to optimise airflow.
- Its 5.2-litre V10 engine allows the car to accelerate from 0-62mph in 3.4 seconds and hit a top speed of 199mph.
- Traction from the all-wheel drive ensures perfect stability in every situation.
- With carbon fibre components, this is the lightest road-going model in Lamborghini's range, weighing in at 1,340kg.
- The car's performance is enhanced thanks to a better power-to-weight ratio which means that CO2 emissions are also lower.
- The Blancpain is fitted with ceramic brakes as standard, plus Skorpius wheels, yellow brake calipers and matte black paint with yellow accents.
- Expect to pay £150,000 for this beauty.

"Taxi for Abramovich!"





"Yeah, it's made  
from Darth  
Vader's helmet"

"Wow! Love the  
'traffic warden's  
uniform' theme"

**ALL BLACK!**

"Yes, sir, we also  
sell it as a half"

**0.62 IN 3.4 SECS!**



**Velvetybubblechunk!**  
adj; [vel-va-tee-bubbel-chunc!] **When**  
**your teeth sink into the soft, yet chunky**  
**bubbles of a Wispa!**

**FIONA FRANCIS**  
join her and the 1,243,081 others  
at [facebook.com/wispa](https://facebook.com/wispa)





A QUICK WORD WITH...

# Cleveland Brown!

The *Family Guy* spin-off show's star on American football, boobs and *Nuts*!

**H**i Cleveland! Does it bother you that one of your friends is a talking bear? Only if he talks when I'm trying to "read" the photos in your magazine.

**What did Peter Griffin do to you to make you leave Quahog?**

He caught me while I was trying to "read" the photos in your magazine in his bathroom. Hey, how 'bout sending a brother Lucy Pinder's phone number so I can have her come over and watch me "read" your magazine? Tell you what, we'll call her and pass on the message. Are you aware of just how bad an American football team the Cleveland Browns are? You got 65 pages of t\*t's and you're asking me about the Cleveland Browns? Charming! But moving on, your stepson Rallo seems to have you wrapped around his little finger. Why don't you ever stand up to him? Let's leave my family out of your t\*t show. OK?

**Have you ever been to England for a holiday?** No, but I once drove home on the wrong side of the road. Er, that doesn't really count. Is your boy Cleveland Junior a good advertisement for never eating American food, ever? My son is very sick. Are your children perfect?

**Calm down! It's only a question. You seem to be drunk a hell of a lot on the show. Would you say you have a drink problem?** What's with the cursing? Clean up your act, *Nuts*!

**Excuse us! If you could have your own magazine like *Nuts*, what would you feature in it?** Black t\*t's.

**Are you aware that you sound a little bit like the creepy old bloke Herb from *Family Guy*, just with a lower voice?** It's "Herbert", and he was very excited to read a magazine called *Nuts*. You can only imagine his disappointment and disgust at what he saw on your pages.

**There's no accounting for taste! Finally, which has the better theme tune, *Family Guy* or *The Cleveland Show*?**

That's easy – the one that has my name in the title!

The Cleveland Show: The Complete Season One is out now to buy on DVD and Blu-ray



**JUNIOR!**

**LEAVING  
QUAHOG!**

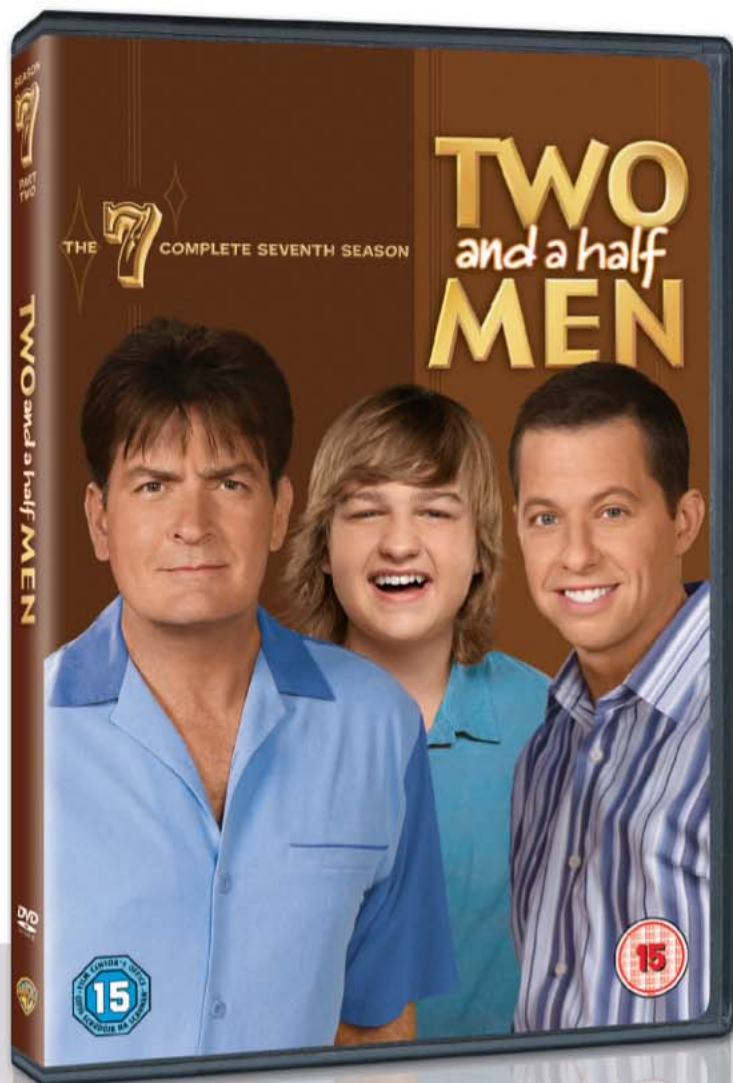
**RALLO!**

"He doesn't have a weight issue. He just can't wait to eat!"



# TWO and a half MEN

**COMPLETE SEASON 7**  
OUT ON DVD NOW

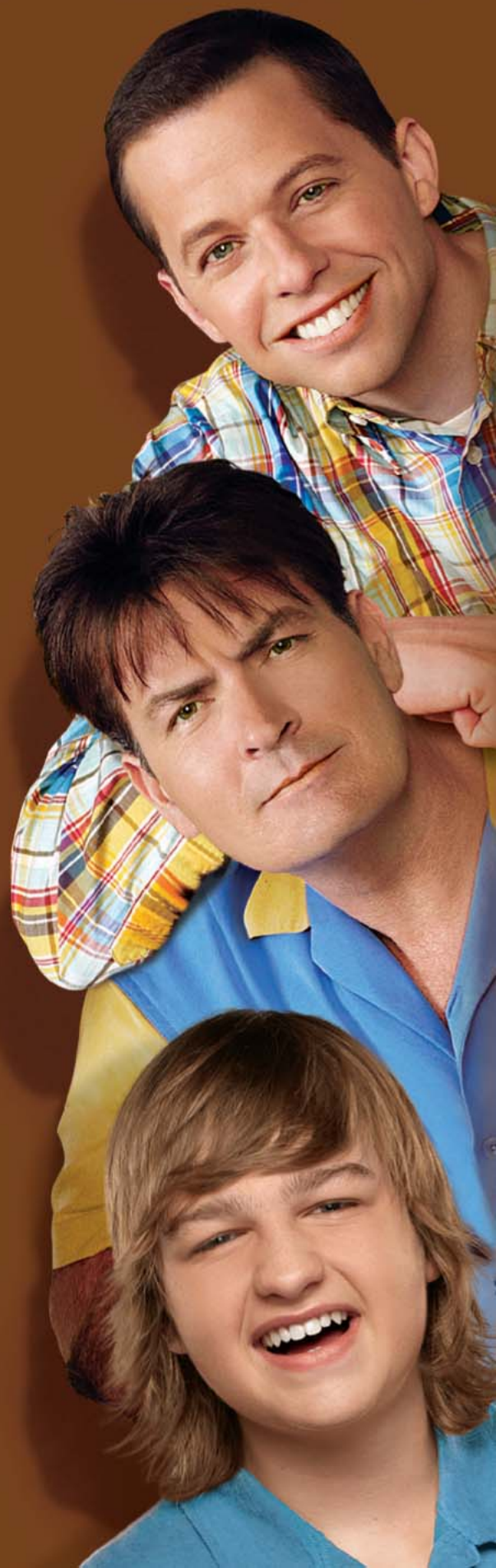


[amazon.co.uk](http://amazon.co.uk)



© 2010 Warner Bros. Entertainment Inc. All rights reserved.

Free Super Saver Delivery and Unlimited Free One-Day Delivery with Amazon Prime are available. Terms and Conditions apply. See Amazon.co.uk for details.







MAN-EATER!

# Man in shark!

12ft tiger shark eats sailor whole

So much of this story is astonishing. Last month, US banker Humphrey Simmons struggled to land an "unusually heavy" tiger shark off the Bahamas. After shooting the animal in the head, the fish

burped up a human foot, intact from the knee downwards.

Then, after pulling the shark out of the sea, he opened it up and found human remains, later identified as belonging to a local 43-year-old sailor. Gruesome!

The shark was killed by shotgun



Only when the shark was cut open, did the full horror reveal itself

The victim was identified by his fingertips

DEVoured!



# Hang time!

**Broken lifts not to blame as over a hundred take to the sky...**

**T**hink these two clearly funny-in-the-head thrill-seekers look cool? Well, they weren't alone.

The pair were followed off the edge of Malaysia's 421m Kuala Lumpur Tower by another 118 equally certifiable jumpers.

The stunt was part of an annual base-jumping festival, staged on top of the world's sixth-highest telecoms tower. So if you were in Malaysia last week and couldn't get a mobile signal, it's because these loons were blocking your signal. Selfish.

**TANDEM DIVE!**

"Fancy a game of chicken?"

"Which cord do you have to pull again?"

**GOING DOWN!**





YOU DON'T GET TO 500 MILLION FRIENDS WITHOUT MAKING A FEW ENEMIES.



"THE SMARTEST,  
SLICKEST,  
GREATEST  
MOVIE  
OF 2010."

OLLY RICHARDS - FHM



ROBBIE COLLIN - NEWS OF THE WORLD

"...THRILLING  
FILMMAKING:  
SMART, DRAMATIC  
AND OFTEN  
VERY FUNNY."

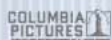
ALEX BILMES - GQ

A DAVID FINCHER FILM

**the social network**

**12A** CONTAINS INFREQUENT STRONG  
LANGUAGE AND DRUG USE

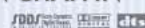
COLUMBIA PICTURES PRESENTS IN ASSOCIATION WITH RELATIVITY MEDIA A SCOTT RUDIN / MICHAEL DE LUCA / TRIGGER STREET PRODUCTION  
"THE SOCIAL NETWORK" JESSE EISENBERG ANDREW GARFIELD JUSTIN TIMBERLAKE ARMIE HAMMER MAX MINGHELLA  
MUSIC BY TRENT REZNOR & ATTICUS ROSS EXECUTIVE PRODUCER KEVIN SPACEY BASED UPON THE BOOK "THE ACCIDENTAL BILLIONAIRES" BY BEN MEZRICH  
SCREENPLAY BY AARON SORKIN PRODUCED BY SCOTT RUDIN DANA BRUNETTI MICHAEL DE LUCA CEÁN CHAFFIN



SOUNDTRACK ON NULL

DIRECTED BY DAVID FINCHER

[thesocialnetwork-movie.co.uk](http://thesocialnetwork-movie.co.uk)



AT CINEMAS OCTOBER 15

**SONY**  
make.believe



"I told you not to  
leave Elton alone  
in the hangar!"

# Pretty plane!

**This awesome shot is the very  
definition of physics at play!**

**P**lane-spotter Bernardo Malfitano took this snap of an F-22 Raptor during an air show in Miramar, California (where *Top Gun* is set). But what the heck's going on?

Bernie explained, "The plane's flying at the top of a loop and is pulling so many Gs that the low-

pressure air over the fuselage sucking the plane into the loop gets cold enough for the water vapour to condense. The angle is just right for sunlight to undergo total internal refraction and make rainbow colours around the plane."

Well, we say "explained"...

**F-22 RAPTOR!**









# Wiley

The Grime superstar on  
pies, N-Dubz and Take That!

**H**i Wiley! Hello *Nuts*, what's happening?  
You're the inventor of grime. Doesn't Mrs

Wiley get cross when she comes home from a hard day's work and the house is all grimy?

Er, ha-ha! No. It means that the sound of the music is grimy.

**So, not the state of your house then?** No. Some people do grime and they live in big houses that cost over £4million!

**Got you. You had a single called *Pies*. What's your favourite pie?** Apple. Then chicken.

**Er, why write a song about pies?** It means if you call lump sums of money "pies", every time you get a new pie, you're up a few pence.

**So it's good to have your finger in lots of different pies?**

Yeah. Try not to put all your eggs in one basket.

**Your last hit was called *Take That*. What were Gary, Howard, Mark and Jason like to work with?** They're great. I didn't actually get to work with them but they're inspirational.



**KING OF GRIME!**



## Wiley is a fan of Take That?

**Who'd have thought?** I know!

When you grow up watching *Top Of The Pops* and stuff, you learn to appreciate music. Songs have been written, people are playing instruments, something magical is going on, especially with a group as good as them.

**Would you like to work with them?** Yeah, sure I would.

I expect they're busy though!

**The BBC reported you'd been stabbed to death in 2008. Er,**

**are you Jesus?** No, I'm not. What I am is somebody who didn't die from 21 stab wounds though!

**Blimey!** Sometimes, you're happy to be alive. Sometimes, you sit there and think, "Why the hell?" and all the rest of it. It's not good to think about it constantly but it's good to stay alive.

**You've fallen out with N-Dubz.**

**In America, gangster-rappers shoot each other when they have an argument. What will you be doing? De-friending them on Facebook?** No. What I'm going to be doing is ignoring them and

trying to get my own millions in. That's the bottom line. Let me tell you. Do you know the difference between right and wrong?

**Erm...** Cool. Listen. Me and you.

I'm one group, you're another.

You holler at me, I do a tune for you. So you should then do a tune for me, right?

**Right!** So I do your tune first.

Time passes, then one day I want you to do my tune. But you dark me. You dark me and you don't give a sh\*t. That's not right.

Do you get that?

**Well...** The fans will say, "Wiley, you're this and that." What have I done wrong? Obviously, still

big up everyone. Once you're branded, you've got to do what you've got to do. But I respect other artists so much that if I do something for you, you do something for me. It's not about money, 'cos I'll just make my own tune and run off with all the money. Do you know what I mean by that?

**OK, we've no idea what just happened, so moving swiftly**

**on... you recently gave away 180 free tracks on Twitter, including your brand-new album. Are you insane?** No.

I'd gathered so much music because the record labels were going, "Yeah!" "No!" "Yeah!"

"No!" I knew that if I leaked those tunes it would change the face

## "I'd love to work with Take That!"

of music. It was a reinvention tool. Now they've given me back the deal and hopefully people will start to think I'm the next big thing again. Easy!

**The cartoon character Wile E Coyote uses ACME instant holes and "Just add water" booby-traps to catch Roadrunner. What ACME products would help you?** I'd like a little helicopter or a small aircraft to fly in and

out of countries without having to show my passport.

**Have you got a particularly embarrassing passport photo or something?** No. I had some rubbish ones but now I've got a really good one!

**Alan Wiley is a famous Premier League referee. It's the rap star Tinchy Stryder has run through Dizzee Rascal's legs and dived over Tinie Tempah's ankles into the penalty box. Who do you send off?**

Who has to come off? First, Tinchy Stryder for diving, if he did dive. Or did Tinie Tempah trip him over? Scrub that, I'd send all three of them off. Ha!

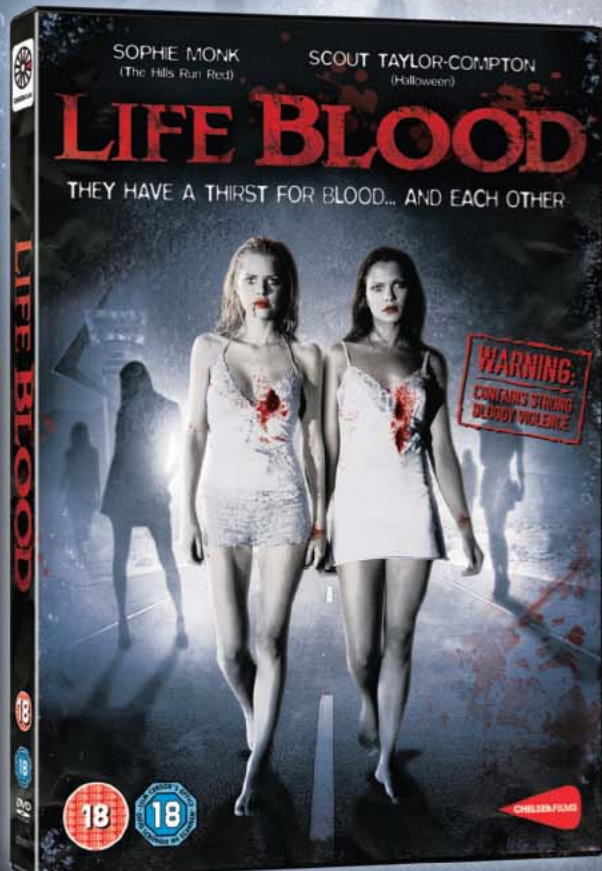
**Thanks for the chat, Wiley!**

**You're off on tour very soon.**

**Can we come too please?** Yeah, of course you can, *Nuts*! It's a 13-date tour, then we're off to Australia, then back next year for lots and lots more Wiley!

See Wiley on the *Elusive* tour from 26 October. Info at [www.myspace.com/eskiboywiley](http://www.myspace.com/eskiboywiley)

INTERVIEW: RICH PELLE PHOTO: ISO IMAGES



# LIFE BLOOD

THEY HAVE A THIRST FOR BLOOD... AND EACH OTHER



FOLLOW CHELSEA FILMS

ON AND

BUY IT ON DVD NOW

**hmv**  
hmv.com



# THE Nuts LIP-READER!

When he watches a match, he sees every word!

John Cassidy is a **real** lip-reading expert. And an FA coach!



**Fabricio Coloccini:**  
"It's not a foul, ref!"



**Mike Williamson:**  
"I kicked the ball away!  
I touched the ball!"



**MAN CITY VS NEWCASTLE** Eastlands, Sun 3 Oct, 1.47pm  
The Toon duo are up in arms after Man City win a penalty.

**Luke Varney:** "F\*\*king get your  
heads down! F\*\*king heads!"



**LIVERPOOL VS BLACKPOOL** 3.48pm Although the Tangerines are 2-0 up, Varney reminds his team-mates there's still work to do.

**Ashley Cole:** "How can you  
f\*\*king see that far off!"



**CHELSEA VS ARSENAL** Stamford Bridge, Sun 3 Oct, 5.44pm The Chelsea man has a pop at the ref after a decision goes against him.

**Luke Varney:** "Hit  
it on the outside"



**LIVERPOOL VS BLACKPOOL** Anfield, Sun 3 Oct, 3.02pm  
The striker talks free-kick tactics with team-mate Charlie Adam.

## POTTY-MOUTH OF THE WEEK!

ONLY IN  
Nuts!



**Karl Henry:** "It's f\*\*king not a red  
card! No f\*\*king red card! F\*\*king  
hell! It's f\*\*king bullsh\*t!"

**WIGAN VS WOLVES** DW Stadium, Sat 2 Oct, 12.56pm The Wolves skipper lets rip after a reckless tackle on Wigan's Jordi Gomez.



# POLICE

**BRUNO CABRERIZO**  
**SEX APPEAL WORLD CHAMPION**  
**BRASÍLIA**

**be younique**

[www.police.it](http://www.police.it)

watch model **VIPER**

For stockists call **0121 436 1200**





OUR FUTURE HAS ONLY ONE HOPE

# DEVIL'S PLAYGROUND



£12.99\*

£16.99\*

OUT NOW ON DVD AND 

**hmv**  
hmv.com

\*Titles and prices subject to availability whilst stocks last. Prices may vary online.

[WWW.DEVILSPRAYGROUNDMOVIE.CO.UK](http://WWW.DEVILSPRAYGROUNDMOVIE.CO.UK)



# Nuts tests padded pants!

Will a banana down the jocks lure the ladies?

**W**omen use all sorts of trickery to pad and boost themselves up, so when we noticed that a big high street chain were producing undercrackers for blokes with what they called "frontal enhancement", we were all for it – until we found out they cost £10!

We set to work making our own on the cheap. One pair of socks and a banana later, voilà – a bigger package than anything Becks could conjure up! But would it help with the ladies? Only one way to find out...

WORDS: RICH JENKINS PHOTOS: COLIN WILLIAMS



**IN REALITY? TIDDLY!**

"Feeling fruity, love?"

## Ladies rate our undies!

**MARTHA, POLAND, 37**



"Why do you have to do that? The natural look is much better – but not on him!"

**LUCY, CZECH REPUBLIC, 25**



"If my date wore these, I'd find it a definite turn-off. And I'd know – immediately!"

**SVETLANA, RUSSIA, 27**



"There's all this pressure on women to look great. Now it's the men's turn!"

**NINA, GERMANY, 35**



"I don't think I would like it. Men should stick to regular boxers, yes?"

**KAREN, LONDON, 32**



"I like the Nuts version! Why waste money on pants? Spend it on me instead."

**BELLA, LONDON, 30**



"I like quality, not quantity. If there's nothing behind them, it's a letdown!"

## Verdict

Sadly, the women didn't go for our "boosted" look, so it looks like we'll have to make do with what God gave us!



# ENLIST FOR FREE TODAY



-  **EARN XP WHEN YOU PURCHASE OR TRADE-IN**
-  **EARN EVEN MORE XP BY COMPLETING ELITE ACCOLADES**
-  **SPEND YOUR XP ON ANYTHING IN STORE!\***

## THE ULTIMATE GAMER'S REWARD CARD!

**gamestation** 

[gamestation.co.uk/thegamestationelite](http://gamestation.co.uk/thegamestationelite)

**OVER 240 STORES NATIONWIDE 0871 594 0088**

CALLS COST 10P PER MINUTE; CALLS FROM MOBILE AND SOME NETWORKS MAY BE HIGHER. \*EXCLUDES GIFT CARDS. TERMS & CONDITIONS APPLY. FOR FULL TERMS & CONDITIONS VISIT [GAMESTATION.CO.UK/THEGAMESTATIONELITE](http://GAMESTATION.CO.UK/THEGAMESTATIONELITE)



# DON'T LOOK!

Pictures for the stronger stomach!

Send your injuries to [dontlook@ipcmedia.com](mailto:dontlook@ipcmedia.com)



IT'S HIS SHIN!

"A couple of paracetamols ought to do the trick!"

## 'My bones were sticking out!'

Leg snapped in 50mph smash with telegraph pole!

If we had our way, motorbikes would be banned – you lot can't go five minutes without breaking yourselves open on one! The latest to come a cropper is Perry Tomsett, a 19-year-old carpenter from Kent, who tells *Nuts*, "I was going down the A28 at around 50mph, when a piece

of plastic was blown in front of my bike. I hit the brakes as the front tyre rolled over the plastic, but lost control. The bike left the floor, cleared an 8ft hedge and came to a stop on the other side. However, my journey came to a more sudden end when my leg smashed into a telegraph pole!

"The bones in my leg were sticking out. I'd hit the pole so hard, my foot actually bent all the way around it and I kicked myself in the thigh!"

"I was in intensive care for weeks, but I'm on the way to recovery now and looking forward to appearing in *Nuts*!"



"I think I'll catch the bus instead next time!"

HE'S OK NOW!

**Win £1,000!**

Think you can do better? Here's your chance. The best "Don't Look!" picture published in 2010 will win £1,000 in cash!\* Submit your images and contact details to [dontlook@ipcmedia.com](mailto:dontlook@ipcmedia.com)



Enjoy Responsibly

[drinkaware.co.uk](http://drinkaware.co.uk) for the facts

# If Carlsberg did 3D glasses...



## WIN A SKY 3D PACKAGE EVERY WEEK

Includes: 3D TV and glasses, Sky+ HD box, 12-month subscription to Sky World and the HD pack

Plus free pair of pint glasses with every pack. See promotional packs for details.

Probably the best night in...

For full terms and conditions go to [www.carlsberg.co.uk](http://www.carlsberg.co.uk)



# Nuts GEAR

## Philips O'Neill headphones

[shop.philips.com](http://shop.philips.com)

**Nuts says:** A collaboration with the surf dudes, these cans have a casing six times harder than the polycarbonate often used to make headphones with. And they sound great, too!

The headphones will operate in temperatures as low as -25C

£100

## Star Wars Lightsaber Room Light

[www.firebox.com](http://www.firebox.com)

**Nuts says:** We're surprised this has taken so long – a Jedi's glowy weapon as a room light. Can be cycled through seven colours via its remote control, and makes that lovely noise!

£30



£80

## Expect Time Speaker Dock

[www.expansys.com](http://www.expansys.com)

**Nuts says:** Install the free app and when you dock your iPod or iPhone, its screen becomes part of a full clock, with hands and the number 12 on top. Then it'll blurt out your tunes through the speakers. A classy set.

£75

## Nike 5 Bomba Finale boots

[www.nikefootball.com](http://www.nikefootball.com)

**Nuts says:** "Shot Shield" tech helps five-a-side players keep balls down, while the rubber turf pattern provides underfoot ball control and stability. Plus they look good.

Check out more reviews at [www.nuts.co.uk/reviews](http://www.nuts.co.uk/reviews)



# YOUR LETTE

Women, wine and weird outfits!

Send your letters to [nutsletters@ip](mailto:nutsletters@ip)



"Hands up if you'd like to see the other one"

## Sam lady!

Dear Nuts,  
I took loads of pics of myself wearing my *Nuts* vest. This is one of my favourites, so I thought I'd send it in to see what you think!

*Sammy Housden, Leicester*

Excellent – our built-in "wardrobe malfunction" feature appears to be working perfectly!

## That's corking!

Dear Nuts,  
Here's a delicious-looking bottle of red wine I spotted while on holiday in Italy. Looks delightful!

*Carl Devonport, Grimsby*

This is just a cynical attempt to drag us away from our beer. Well, it's never going to happen!

LETTER OF THE WEEK!



"Mmm... it smells quite pungent"

## You're too kind

Dear Nuts,  
I saw this sign in my local shop. You know, it kinda makes me want to come back more often. I might even ask if they'll do me some on credit.

*Michael, via text*

We hope you said "please" when you asked.



"Have you got any Shakiras or Kardashians in stock?"



Dave would later regret keeping his outfit on...

## He's a well red fellow

Dear Nuts,  
Here's a pic of me enjoying the mag on my mate's stag do. I have to admit that it loses a certain something when read this way...

*Dave, Bournemouth*

Dave! There's a little bit too much on show there. Put it away lad!

## STEALTH BUMMING CORNER!

ONLY IN Nuts!



"Given his recent activities, I think Wayne is being a little inappropriate here!" *Pete, via text*

## Nutty Marines

Dear Nuts,  
We introduced the mag to some of the US Marines we were based with in Afghanistan, and they flippin' loved it! Now they all want to trade their California beaches for grey Blighty!

*Lex Igwe, Bravo Company, Sangin, Afghanistan*

Good work, gents! Although we do kind of think the guy on the far left of the line-up ruined the pic slightly!



"I said 'stand at ease' not 'stand and p\*ss!'"



# RS!

cmmedia.com or to the address on p68

## Nuts SPAM BANK!

All-new online hilarity



"41 year-old virgin?  
The cheek! I'm 40!"



"Boss, the wheels  
are coming off!"

The ambassador  
was getting silly



### Win £100 to spend at **PLAY.COM**

Send your letters and hilarious spam pictures to [nutsletters@ipcmedia.com](mailto:nutsletters@ipcmedia.com) or to the address on page 68. The sender of the week's best letter\* will win £100 of vouchers to spend at play.com, the UK's favourite online entertainment retailer, with savings and free delivery on everything. Visit [www.play.com](http://www.play.com) for great deals on DVDs, games, books, CDs and more!

## CAMERA PHONE CUTIES!

Sexy snap-happy babes

**ONLY IN  
Nuts!**



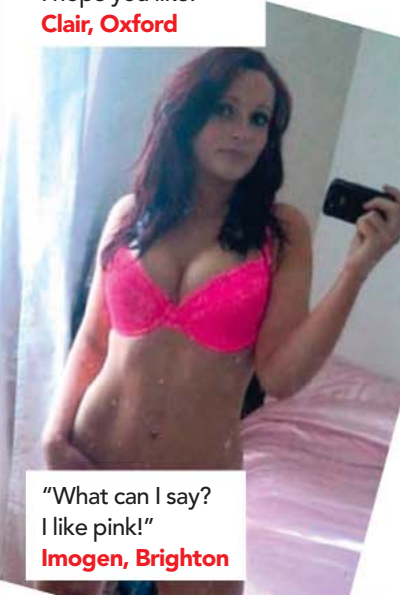
"A pic of me taken  
from the rear!"

**Gemma, Birmingham**



"I'm not smiling, but  
I hope you like!"

**Clair, Oxford**



"What can I say?  
I like pink!"

**Imogen, Brighton**

### Send us your pics!

Text 'Nuts' and your sexy camera  
phone pic to **0771 388 8008\***

## "JAW-ACHINGLY FUNNY."



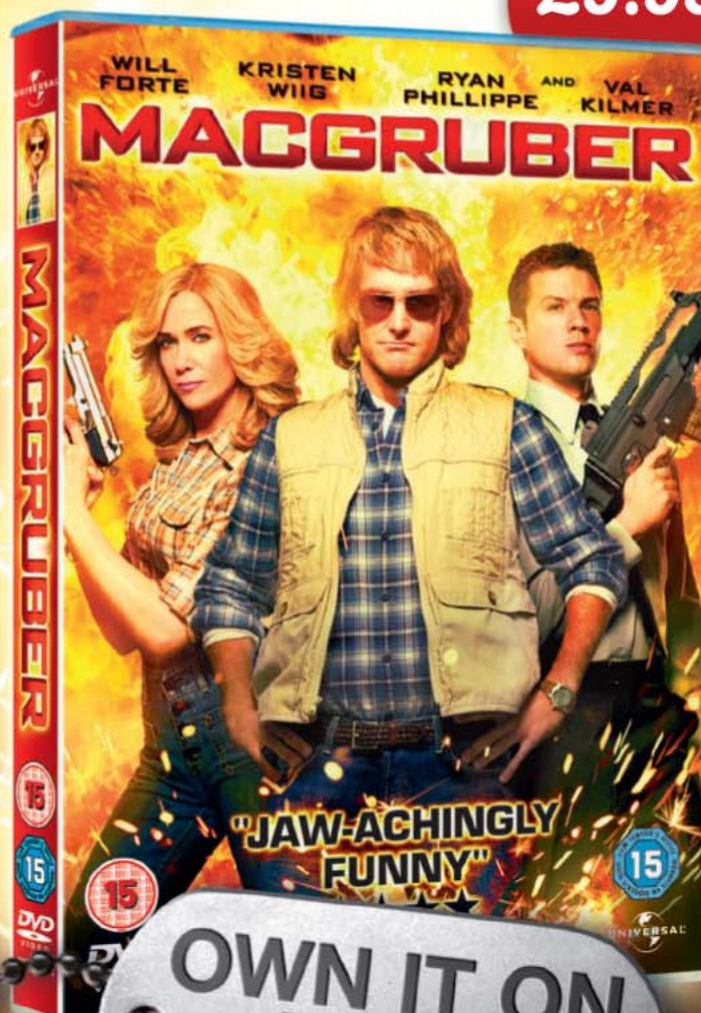
THE SUN

## "HILARIOUSLY RAUNCHY 80s ACTION MOVIE SPOOF... YOU'LL HAVE A BLAST!"



SUNDAY MIRROR

**DVD  
£9.99**



**OWN IT ON  
DVD &  
BLU-RAY**

UNIVERSAL © 2010 Universal Studios. All Rights Reserved.

Titles and prices subject to availability whilst stocks last. Prices may vary online.

**hmv**  
hmv.com



# YOUR JOKES

Bursting with all the best gags, every week!

Send your jokes to [nutsjokes@ipcmedia.com](mailto:nutsjokes@ipcmedia.com)

## SHORT JOKES!

**Q: Why did the belt go to jail?**

**A: Because it held up a pair of trousers**

Andy Walsh, Shrewsbury

**Q: What's the best thing about insomnia?**

**A: Only six more sleeps until Christmas!**

Rich, London

**Q: What's old and feeds off dead beetles?**

**A: Yoko Ono**

Mark, Leeds

**My girlfriend had her driving test today. After 45 minutes of emergency stops, pointless manoeuvres and hazard detection, she made it out of the test centre car park**

Dipesh Shah, London

"Colostomy bag delivery? Just over there, mate"



**JOKE OF THE WEEK!**

### Plasma scream

Q: Why did the vampire leave Mick Jagger alone?

A: You can't get blood from a Stone

Nick, via email

### Fly away

Two Australian brothers fly to Canada on a hunting trip. They charter a small plane to take them into the Rockies for a week hunting moose – and manage to bag six.

As they're loading the plane for the return, the pilot says the plane can take only four moose. The two Aussies object strongly. "Last year, we shot six of 'em. The pilot let us take them all and he had the same sort of plane as yours."

The pilot gives in and loads all six. However, the little plane can't handle the load and goes down over some mountains. Only the Aussies survive.

After climbing out of the burning wreckage, one brother says, "Any idea where we are, mate?" The other brother replies, "I think we're pretty close to where we crashed last year."

Paul Bannister, via email



He never regretted hiring a private nurse

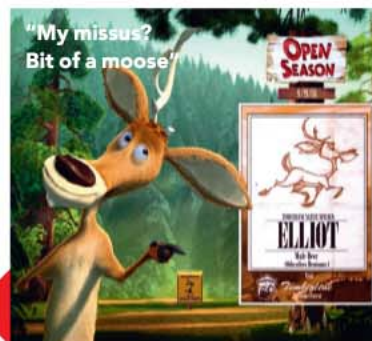
### Loading... please wait...

Jim is having passionate sex with his wife, banging away, when suddenly he stops mid-thrust and just lies there, really still.

"What are you doing?" asks his frustrated missus.

"Something I learnt from online porn," says Jim. "It's called 'buffering'."

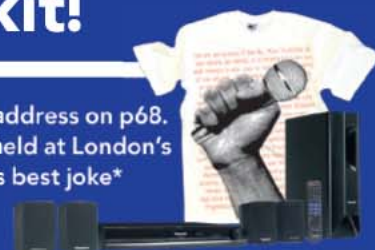
Graham O'Connor, Temple Hurst



"My missus? Bit of a moose"

## Win home cinema kit!

Send jokes to [nutsjokes@ipcmedia.com](mailto:nutsjokes@ipcmedia.com) or to the address on p68. To celebrate the DMC World DJ Championships, held at London's KOKO on 17/18 October, the sender of this week's best joke\* wins a Panasonic DVD Home Cinema system. More details on DMC at [www.dmcworld.com!](http://www.dmcworld.com!)



\*EDITOR'S DECISION IS FINAL. TERMS AND CONDITIONS ON PAGE 68 APPLY. PHOTOS: GETTY, ALLSTAR



# S!



edia.com or to the address on p68

# FAMOUS BLOKES' JOKES!

## Testing, testing

Three women are sitting in a doctor's surgery waiting for the results of their pregnancy test.

The brunette says, "If I'm pregnant, it'll be a girl because I was on the bottom."

The redhead replies, "If I'm pregnant, I'll have definitely a boy because I was on top."

The blonde thinks about it for a minute and says, "Oh my God! I'm gonna have puppies!"

*Tolly, Ludlow*

## JIMMY CARR:

"An iguana can stay underwater for 28 minutes. Or longer, if you don't mind it dying"

## RUSSELL HOWARD:

"The first time you see a vagina you're like, 'It's brilliant.' But it's actually terrifying. It looks exactly like Rio Ferdinand's smile"

## GREG GIRALDO:

"Kids these day have so many allergies, it's the healthy kid they take the p\*ss out of in schools!"

## DANNY BHOY:

"People say to me that I'm still living in the dark ages because I don't have wireless internet. I tell them to p\*ss off. And shut the drawbridge on the way out"

## RUSSELL KANE:

"Just been told I can only afford three cannibals for my new adventure film. Will these savage cuts never end?"

# Drop in for dinner deals



2 for £1

69p  
2ltr



£1.29

£2.29 £1.29  
320/340g



£4

£4.69  
75cl



£1 off

£3.49 £2.19  
500g



£1

£1.79  
500g



save 1/3

£1.99 £1.32  
2ltr

Participating stores. Subject to availability. Cross-out prices are correct at time of print. Closing dates vary by store (earliest offer ends 20 October 2010, latest offer ends 3 November 2010). See website for details.

drinkaware.co.uk  
for the facts

www.spar.co.uk

SPAR

There for you



# POP OUT IN PUBLIC!

ONLY IN  
Nuts!

Have a cheeky flash - and earn some cash!



**IN THE POOL!**

**NICKY 22, and JENNI 21, from Manchester**  
"Nothing like a bit of late-night skinny-dipping!"



**IN THE DUNES!**

**DANIELLE 19, from Nottingham**  
"The deserted dunes are a perfect place to air them!"



**THIS  
WEEK'S  
£100  
WINNER!**

**ON THE COURSE!**

**TEAGAN 24, from Bournemouth**  
"I think I must have been inspired by the Ryder Cup!"



**Win £100!**

All printed pics get a Nuts vest-and-shorts combo. The winner gets £100!\* Send your snaps to [nutspopout@ipcmedia.com](mailto:nutspopout@ipcmedia.com) or by text to **0771 388 8008**.

**BACK TO NATURE!**

**JADE 20, from Leicester**  
"I popped them out for a lark in the park!"





# piece of the action



**£9.99**

DVD out now

The extraordinary true story of Oliver Woodward. It's 1916 and deep beneath the German lines Woodward and his secret platoon of Australian tunnellers fight to defend a leaking, labyrinthine tunnel system packed with enough high explosives to change the course of the War

Claustrophobic, nerve-shredding and brutal - **Nuts Magazine**



pop into our  
**shop**



free UK delivery at  
**hmv.com**



download at  
**hmv.com**

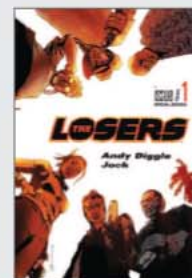


**£12.99**

DVD out now

An elite team of special ops soldiers battle for revenge in this explosive and sexy action adventure

**hmv exclusive**  
includes bonus comic  
also available on



**hmv** get closer





**35% LESS SATURATED FAT\***  
**SAME GREAT TASTE**



**GET SOME NUTS**

\*than the average of the top 25 brands per 100g. See [mars.co.uk](http://mars.co.uk) for details.



# THE TRUTH ABOUT SEX WITH... **KELLY ANDREWS!**

*Nuts* girls solve your bedroom bother!

Email questions to [thetruth\\_sex@ipcmedia.com](mailto:thetruth_sex@ipcmedia.com)

**ONLY IN  
Nuts!**

**IN OUR OFFICE!**

## Is she cheating?

My girlfriend sent naughty texts and pictures of herself to a girl she works with. Would you consider this cheating, given that it's another lass?

*Dan, Newcastle*

I've sent sexy pictures of myself to another girl before, to make sure they were nice enough to send to a guy I was seeing at the time, so maybe she's doing that, too. If your girlfriend is sending lots of these pictures and the other girl is sending texts and pictures back, I'd consider that cheating. Just ask her about it and see what she's up to.

## Nuts BABES' SEX TIPS!

**No.30:** "Blindfold yourself or your lover! It'll make your bedroom fun much more exciting!"

**Staci Noblett**



## I love muscles!

My girlfriend hates it when I look at other men when we're out. I assure her I'm just checking out their physique, because I like to work out but she says it's gay. What do you think?

*Damien, Scotland*

Well, girls do check out other girls, but if my boyfriend was looking at other guys I'd think it was a bit weird, too. If you're genuinely just checking out physiques, I guess that's OK – even so, it's more natural to check out the opposite sex, so do that instead!

## Should I swing?

My best friend wants me to have sex with his missus while he watches. What do you think?

*Lance, Hull*

I think it's a bit weird, but if your best friend is giving you his permission, then go for it! Alternatively, you could buy some swinger-themed DVDs and give them to him instead. That would make things a lot less complicated!

## Are you faking?

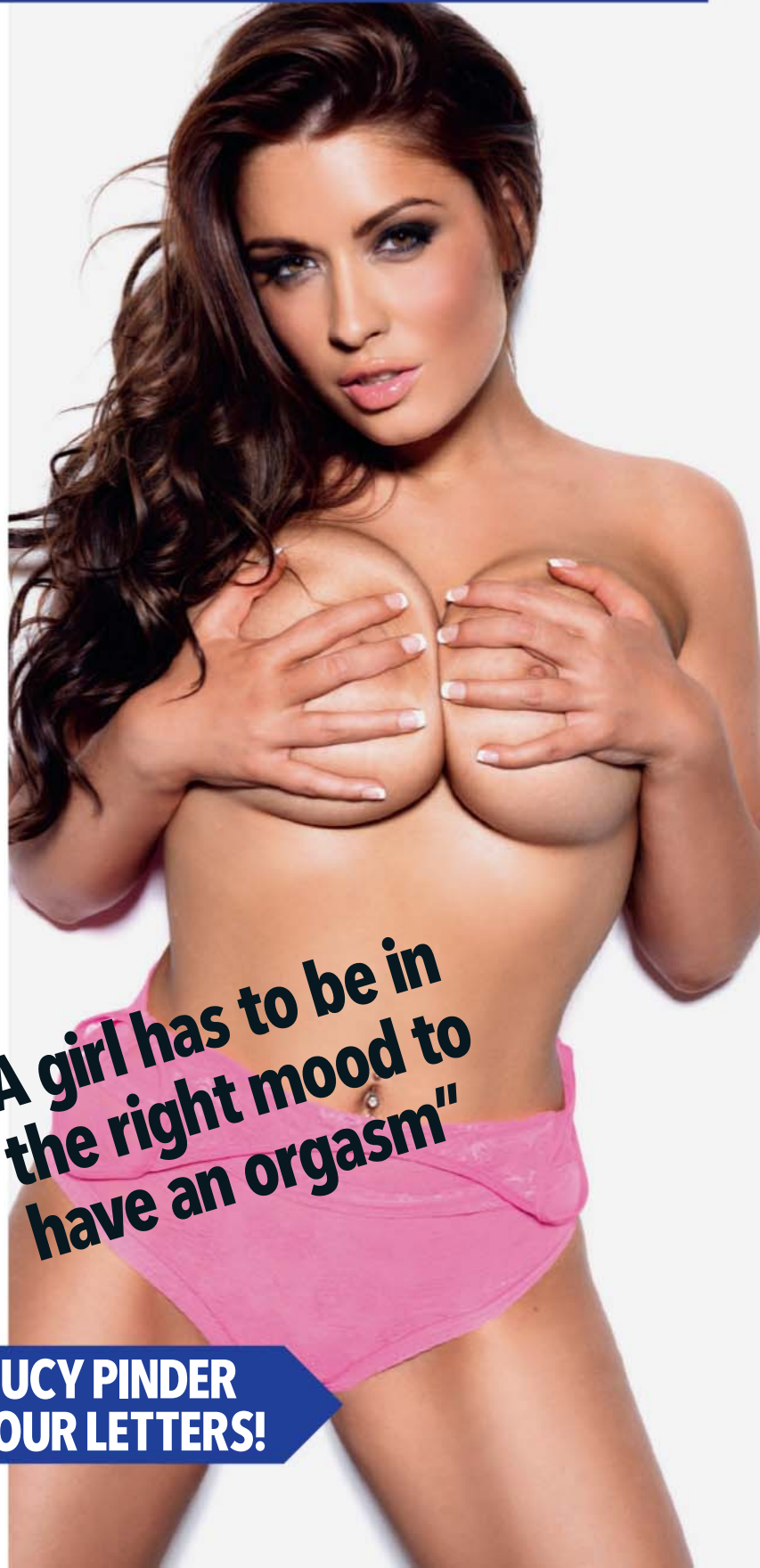
Do women regularly fake orgasms just to satisfy their men and, if so, how can you spot them?

*Mark, Sunderland*

Excessive groaning is a giveaway, unless your girlfriend does that anyway, in which case it's harder to spot! I don't think girls do it regularly and if they do it's not the boyfriend's fault – a girl has got to be in the right mood to have an orgasm.



**NEXT TIME: LUCY PINDER  
ANSWERS YOUR LETTERS!**



**"A girl has to be in  
the right mood to  
have an orgasm"**





# THIS IS THE FACE THE ENEMY FEARS

THIS IS FORCE MULTIPLIED.  
RELENTLESS. EXACTING. PRECISE.

THIS IS A NEW BREED OF WARRIOR.  
FOR A NEW BREED OF WARFARE.

THIS IS TIER 1.

## 15.10.10

**PRE-ORDER YOUR  
LIMITED EDITION NOW**



# MEDAL OF HONOR

[MEDALOFHONOR.COM](http://MEDALOFHONOR.COM)



© 2010 Electronic Arts Inc. EA, the EA logo and Medal of Honor are trademarks of Electronic Arts Inc. The DICE logo is a trademark of EA Digital Illusions CE AB. Xbox, Xbox 360, Xbox LIVE, and the Xbox logos are trademarks of the Microsoft group of companies and are used under license from Microsoft. The "PS" Family logo is a registered trademark and "PS3" is a trademark of Sony Computer Entertainment Inc. The PlayStation Network Logo is a service mark of Sony Computer Entertainment Inc. All other trademarks are the property of their respective owners.



# CAMERA PHONE COMEDY!

**ONLY IN  
Nuts!**

**Win £100!**

Text 'Nuts' and your picture to **0771 388 8008** (texts are free but standard network charges apply\*). Pic Of The Week wins £100 cash!\*\* T&Cs on page 68.

Seen something daft? Snap it, send it in and win £100!



**BUBBLE TROUBLE!**

"I swear that this foam willy happened by accident!" **Anon, via text**



**CRAP SHOP!**

"This skateboard shop in Norway needs to work on its marketing!" **Iain, Whitefield**



**POST-IT PRANK!**

"Our housemate left his door open so we got to work with the Post-its!" **Anon, via text**



**HOLE IN ONE!**

"I think my missus might be cheating on me!" **Gavin Heywood, via text**



**BARGAIN BUY!**

"I saw this in Morrisons in Coalville – a whole minus-four pence off!" **Ian Jones, Coalville**



**RUDE POTATO!**

"This whopper of a potato looks like it could be good fun!" **Jillian, via text**

## SCREWED FOOD CORNER!



**WAKKA-WAKKA!**

"This week, we're playing Pac-Man with scran!" **Matt Shaw, Lancaster**



FRANCOISE





# FRANCOISE!

**Blimey! It's 28H  
beauty Francoise  
Boufhal in her undies!**

**H**ello Francoise! You're fairly new to our readers so tell us a little bit about yourself. I'm 21 years old, 5ft 4 and I'm a model! I'm also a presenter for Rio Ferdinand's digital magazine, #5. ➔





**"I'd love to  
do a shoot  
with Denise  
Richards"**

**You have one of the most exotic names we've ever heard. Where are you from?** Ha-ha! I'm actually from Newcastle upon Tyne!

**Are you a big footy fan then?** I don't really follow Newcastle but I'm so happy they're back on form, bless them. I'm more of a boxing fan, to be honest.

**When was the last time you laughed so hard you cried?** I went to boxing class with a friend not long ago. It's two hours long and you don't really get a break. Halfway through, she came over and said, "We really need to go, I think I've just sharted!" [The stage between farting and soiling yourself, we're told.] I was crying with laughter and we had to leave the class.

**Which other women do you find attractive?** I think Denise Richards is unbelievably beautiful. She's incredible. Even as she gets older, she seems to get hotter and hotter! Also Penélope Cruz is amazing.

**So if you could do a shoot with one other woman, who would it be?** Denise Richards every time!

**And if you were going to seduce a man, how would you do it?** I'd knock on the guy's door with a big rain mac on and nothing else, and then drop it and just stand there and smile!

**Sounds to us like you're talking from experience, Francoise.** Ha-ha! No comment! Ha-ha! ■





# a chilling tale



## £12.99

DVD out now

## £16.99

Blu-ray out now

Three skiers are stranded on a chairlift and forced to make life-or-death choices that prove more perilous than staying put and freezing to death



pop into our  
shop



free UK delivery at  
hmv.com



download at  
hmv.com

# hmv

get closer

Titles and prices subject to availability while stocks last at participating stores/online. Prices may vary online.  
© 2009 FROSTBITE FEATURES INC. ALL RIGHTS RESERVED.



# UFC'S MIKE BISPING + DAN HARDY

## Britain's top martial artists are ready for war at UFC 120

**H**i Dan and Mike! You're fighting on home soil again. Feel good?

**Dan:** Yeah, of course! My last fight [against champ Georges St-Pierre for the UFC Welterweight title] was so far away that a lot of my fans couldn't get to it. Whereas now it's in London, I'm gonna have 16,000 people shouting for me. It'll make a difference.

**Mike:** It feels totally amazing. I've been all over the world – Australia, Canada, Vegas – but nothing tops being at the O2 in London. It's a great venue.

**Have you been doing any odd training for your bouts?**

**Dan:** Not really, to be honest. I've added a couple of different

coaches. I've been working with a new jujitsu specialist. I think that's important because my opponent, Carlos Condit, has got a pretty strong jujitsu background.

**Mike:** I've just been training my heart out. I'm out of bed by 6.30am every day, training five hours a day, six days a week. Whatever needs doing is getting done. Seriously done.

**How did the pair of you cope with your recent defeats?**

**Dan:** I had a nice little break, drove down the east coast of America, all the way down to Disney World and spent a couple of weeks there. Then I went back to Los Angeles. I've really been just training and working on the rest of my jujitsu and on areas of my game that obviously weren't up to scratch for the GSP fight.

**Mike:** The fight I had with Wanderlei Silva was complete bullsh\*t! I was robbed so it didn't affect me that much. The loss to Henderson was a bad one because I got knocked out, but looking back on it,

that loss was the best thing to happen to me. It made me improve, recognise my weaknesses and what I was doing wrong in preparation. I was over-trained, under-nourished, there were holes in my boxing and my defences were weak. Now I've come back a better fighter and it's re-focused me. I thought I was invincible, so it's made me wiser. The knockout blow from Henderson was the hardest punch I've ever taken. It was the first time I'd ever been stopped in my life. But I don't really remember too much about it!

**What bits of the training do you guys hate the most?**

**Dan:** Definitely the getting up early! I've got a session tomorrow morning that starts at 7am and it's an hour's drive away, so my alarm will be waking me up at 5am. That's the only part of the week that I don't really like.

**Mike:** Getting up early doesn't bother me. To be honest, I quite enjoy the training because I like running and things like that, it doesn't bother me. I enjoy it. It's all a means to an end, you know? I want to be world champion and I want to get better and I want to keep

winning, and to do that I've got to train, so I'm very hungry. Training's not a problem.

**What kind of fights can we expect from you this time?**

**Dan:** It depends on how Condit shows up. If his last fights are anything to go by, he's going to want to stand and trade punches for a little while and I'm more than happy to do that. If it was up to me I'd do that in all my UFC fights!

**Mike:** I'm going to be putting it on Yoshihiro Akiyama straight from the start.

I definitely want to knock him out in front of the home fans so I've been building up my punching power, which is through the roof now! I'm winning this fight, don't you worry about that! I'm punching way harder than ever – I'm telling you, he's going to feel that on the night. He's getting knocked out!

**How different are UK crowds to the American ones?**

**Dan:** It's just a different atmosphere, really. I couldn't quite pinpoint it, to be honest. I spend a lot of time in the US and American fans are really passionate about the sport, and they're a very supportive crowd, regardless of where you're from. Because I was ➔

"Can I touch your Y-fronts?"

"Smell my fingers"





**UFC SPECIAL**

"All this way for the  
World Cup and look  
at the weather"

**BISPING!**

**HARDY!**



## UFC SPECIAL

The cuts were damaging the quality of NHS surgeons

**"MY TEETH ARE A MESS AND I'VE BROKEN MY NOSE FIVE TIMES!"**

**"MY SELF-BELIEF IS THERE. I FEEL LIKE A WORLD CHAMPION ALREADY!"**

a Brit fighting a Canadian in America, they didn't have any particular allegiance to anybody. They were behind GSP to start with because he was the champ, but after I'd escaped a couple of his submission attempts, a lot of the crowd crossed over to my side. In England, the fans are always die-hard for the British fighters, regardless!

**Mike:** The British fans are amazing, you can't beat them. I remember when I fought in Manchester, this boxing journalist said that he'd never heard anything like it – these are his words, not mine – and he'd been in crowds for fighters like Muhammad Ali and Mike Tyson. So yeah, the British fans are absolutely amazing and that's why I've never lost on British soil. And I'll tell you something, I don't intend to start now.

**Is there any one move that you've always wanted to pull off in the Octagon that you haven't managed yet?**

**Dan:** To be honest, I'd like to show more of my ground

game. In all the fights I've had up to now, I've been predominately a striker. In my last fight, I was taken down and controlled on the floor so I didn't get much of a chance to show too much of it, but I'm certainly looking forward to choking some people out, because I think people look at me as kind of one-dimensional at the moment and there's a lot more to my game. I just enjoy hitting people more than anything else!

**Mike:** There are many moves that I haven't tried that I'd like to pull off. I use a lot of cool spinning back-kicks but I haven't thrown them in the Octagon. I've done them in fights but not in actual UFC bouts, so I've still got a lot of tricks left to still show in this environment. Maybe my next fight will be the night.

**Do you still believe you can be a world champion?**

**Dan:** I've got myself a third of the way to a title shot and I'm confident I can get three wins in a row over good opponents, and be back there, ready to go.

I think over three fights that will give me another year of good training camps, working on my ground game and wrestling, and all the things I need to work on for the title shot. I'll be ready as soon as the opportunity comes up.

**Mike:** Maybe a year ago I didn't, but now I do. My self-belief is there. I'm feeling like a world champion and I don't think many people can handle me to be honest.

**Where's the strangest place you've been recognised?**

**Dan:** Disney World! I was about to go on the *Star Wars* ride, and there were these two stormtroopers there – acting, obviously. One elbowed his mate and pointed at me!

**Mike:** Well, to fight in the UFC you need to pass all these strict medicals so we went to the GUM [sexual health] clinic, because it's the cheapest and quickest way to get your blood tested. So I'm waiting in the GUM clinic for my blood test and this guy there just goes, "You're Michael Bisping from the UFC. Can I get a picture?"

and I was like, "Whoa, listen I'm just here for my UFC fight! I've got a missus!"

**Who in the UFC do you really want to shut up?**

**Dan:** I think Josh Koscheck is definitely at the top of the line there. That guy has something about him I just can't stand.

**Mike:** Chael Sonnen. Funnily enough he's gone quiet all of a sudden because he just failed a steroid test. It looks like he's had his mouth shut for him!

**Do you not get worried about getting your face smashed in?**

**Dan:** No, pain is temporary – it's over and done with in a couple of minutes. I just don't like getting my arse kicked on TV. My teeth are a mess anyway and I've broken my nose five times, it won't break any more!

**Mike:** I wouldn't say I'm clinging on to my good looks but I've managed to keep hold of the looks I had, whether they were good or not! ■

*Watch Bisping vs Yoshihiro Akiyama and Hardy vs Carlos Condit at UFC 120, live on ESPN from 8pm this Saturday*



CHOOSE  
YOUR SIDE.



TUESDAYS 10PM ON

sky SPORTS HD









# Lucy Waked!

Our wardrobe department's easiest job yet!

If we had our way, we'd make Lucy our queen. Imagine that – Miss Pinder on our stamps! Until then, we'll have to gaze at her regal curves in this amazing new shoot! Stunning, ma'am! ➡



**LUCY PINDER**

Get these hot pics  
on your phone now!  
**Only available on  
your mobile!**  
Simply text Nuts  
to 88888



**"Sometimes,  
I clean the  
bath nude!"**





**H**i Lucy! What have you been up to recently? I've been decorating. You know when you look at a room and you want to change something, and it's got all out of hand? I get a bit carried away, so I've been painting. I haven't been doing it naked either, before you ask. I'd get covered in emulsion! Plus, my windows are too big! I don't think my neighbours would appreciate seeing me in the nude with a roller!

**We beg to differ! How often are you naked in an average day?** I'm one of those people who's cold all the time, so not that much because I'm always freezing! So apart from the shower, I like to keep a little something on. I probably wouldn't make a very good naturist because I'd be cold!

**What do you sleep in?** Usually a tight vest and some pyjama bottoms, or sometimes just a thong if it's actually really hot.

**Have you ever done any household chores nude?** I've cleaned the bath naked! When I'm waiting to get in the shower and I notice it needs a scrub, I'll stand there starkers and sort it.

**Are you quite a cleaning freak?** Yes, but at the same time I'm quite untidy so everything's really clean, but there'll be clothes everywhere. I can't stand a dirty kitchen and I can't sleep in a dirty room. Ugh!

**Who would you like to see naked?** Katy Perry has got a really lovely body. Abbey Clancy as well. She's really toned. There's a new *Nuts* girl, Holly Peers, who's a beautiful lady. You have to get her naked and let me come down to watch!

**Deal! Have you ever had that dream where you're walking down the street and you're naked?** I've never had that but I used to have dreams when ➡









**Nuts** Lucy Pinder







LUCY PINDER

**"I love sex,  
whether  
I'm naked  
or not!"**

I first moved into my house. I dreamt that I would wake up naked and there would be people just stood in my bedroom watching me! It was a bit scary – I had to put a lock on the door in the end and as soon as I did, the dreams stopped for good. Creepy, eh?

**What's better – completely naked sex or sex with some clothes on?** They're both really good! I'm happy with either! It's still nice to leave a little something on. I think sometimes leaving a bit on makes it more passionate, like you're a bit impatient for it.

**Can you tell us what you're watching, listening to, and reading at the moment?**

On TV, I absolutely love *The Inbetweeners*. Music-wise, I'm listening to 30 Seconds To Mars and Katy Perry on loop in my car, and I've just bought a couple of Sebastian Faulks books because my favourite book is *Birdsong*, his novel about the First World War.

**Which of the *Inbetweeners* do you like the best?** It's too close to call between Jay and Simon, I think, and I really like the girl who plays Tara. She's quite funny, isn't she? Bloody gorgeous, too!

**She is! Now, what the ruddy heck is happening at Southampton FC?** Oh, God knows! It's so frustrating but I've just got to try to ignore it for a bit. It's just annoying now, because every time it looks like things are going well there's always something. It's just a relentless circle of disappointment.

**If we went round to your house for tea, what would we expect?** I'm really good at baking. I've been doing quite a lot recently. I made my friend a nice birthday cake even though it didn't rise as much as it should have, but it was pretty yummy. But, yeah come round for tea and cake. ➡





Get these hot pics  
on your phone now!  
**Only available on  
your mobile!**  
Simply text Nuts  
to 88888



Standard operator charges apply. For terms, visit nuts.co.uk/terms





**"I'd love to do  
a shoot with  
Holly Peers!"**



And if you insist, I'll serve you in a little maid's outfit with an extra-short skirt. I know how your filthy minds work!

**Ha-ha! Anyway, let's move on from cake... what's your favourite cheese?** If I had to make a choice between cheese or chocolate I'd go for cheese – I like it that much. I've got a bit of an addiction to feta cheese in Greek salads at the moment but I like every cheese, except for the mouldy stuff. I bet it tastes gorgeous but because I'm a bit of an OCD freak, my head can't get over the fact that it's mouldy! Oh my God, this is totally off the point, but did you watch *An Idiot Abroad* when that bloke was eating a chicken's foetus?

**Straight out of the egg?**

Yeah. That was one of the most disturbing things I've seen recently. The programme was hilarious though. I absolutely love Karl Pilkington and adore Ricky Gervais. You forget how hilarious he is. *An Idiot Abroad* is such a quality show. I don't think Karl's as stupid as he lets on, though.

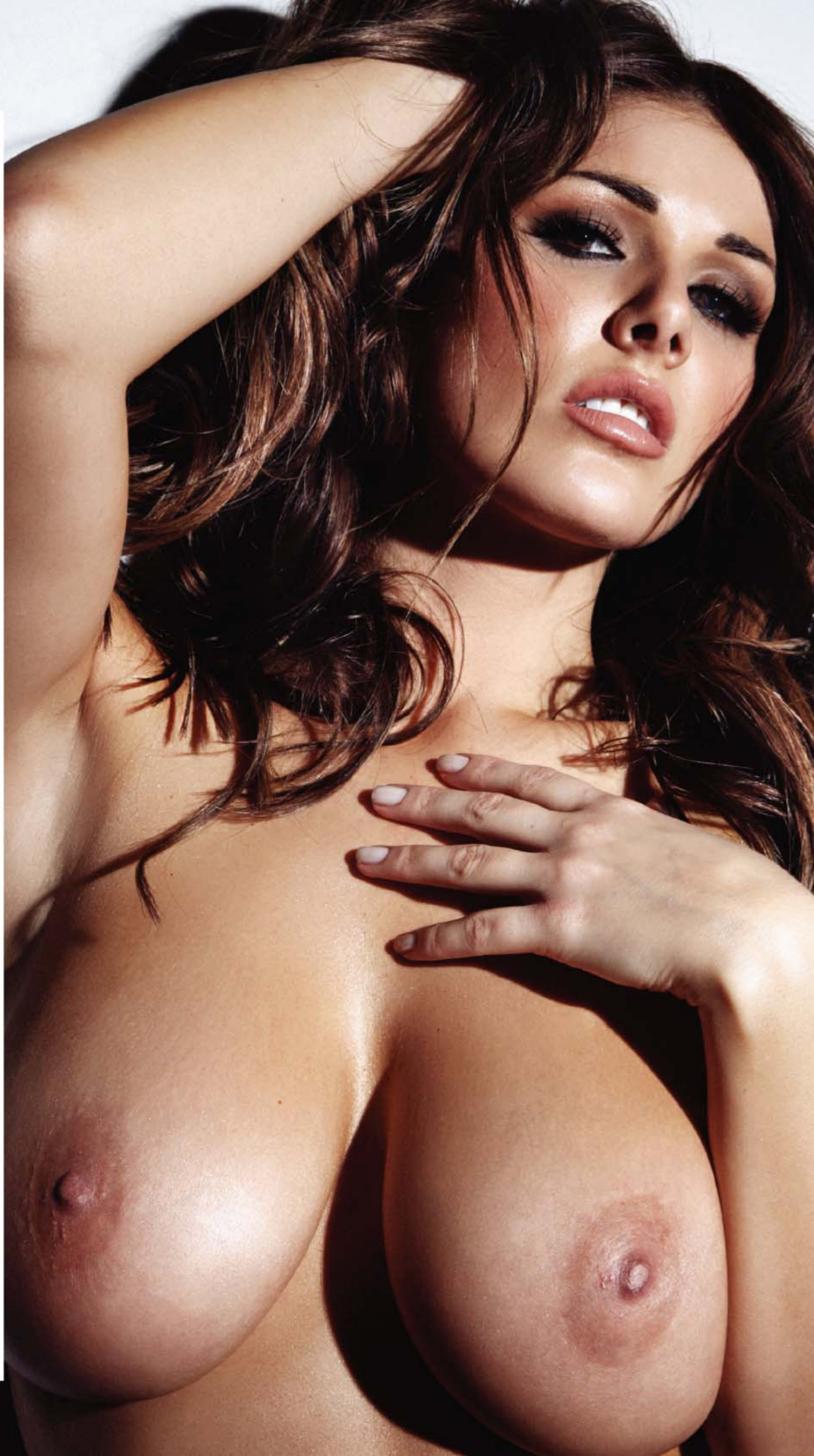
**You've been doing a lot of shoots by yourself recently.**

**Don't you get lonely?**

To be honest, it's really a lot easier because there's less for me to think about! I wouldn't say I prefer it, but it's probably a bit easier. I always love doing shoots with other girls though – like I said before, if you wanted to set something up with Holly Peers, I'd be up for it!

**Finally, there's Christmas stuff in the shops already – how annoying is this?**

Actually, I don't mind it. Because I'm a Christmas baby and I just love the whole atmosphere around it, I'm happy whenever I see the festive stuff on the shelves. Plus, it means it's getting closer to *Nuts* Christmas shoots, which are always really sexy! ■





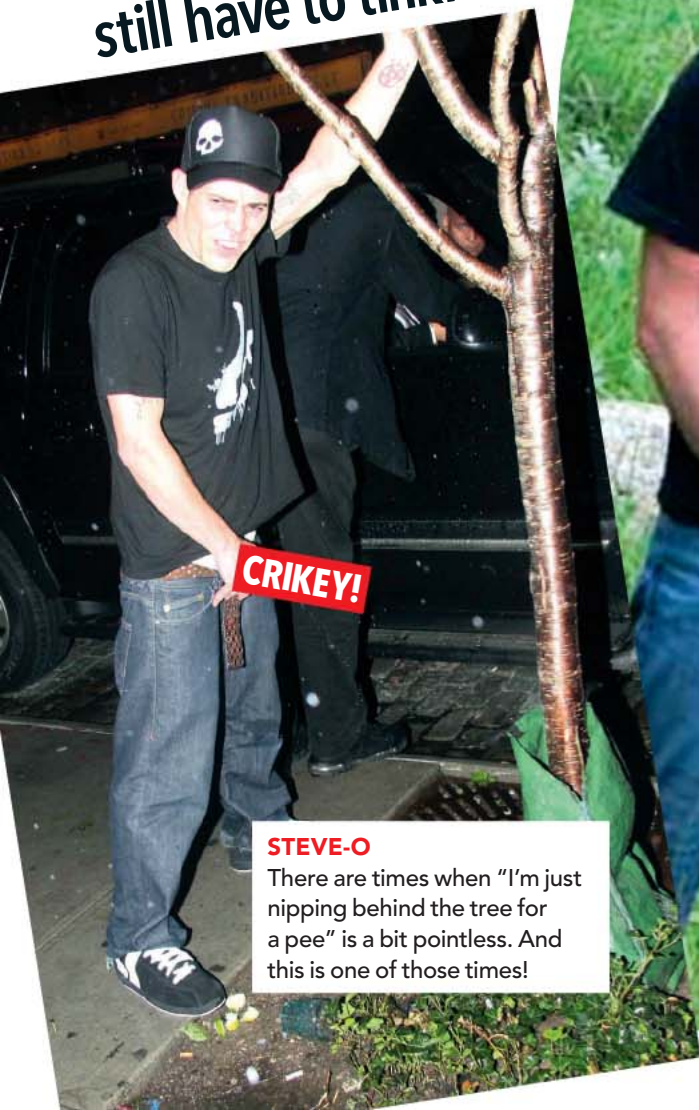
## PEEING CELEBS

### MARK WAHLBERG

Either Mark has a bottle for a willy, or he's trying to disguise the fact that he's doing his number ones on that wall!



They may be famous but they still have to tinkle!



### STEVE-O

There are times when "I'm just nipping behind the tree for a pee" is a bit pointless. And this is one of those times!



### JOHN TRAVOLTA

With his open-legged stance and head-down determination, this really is solid, manly wee-weeing from John. Top work!



### OWEN WILSON

What this goes to prove is that even rich movie stars can't be bothered to find the proper toilets hidden on golf courses.

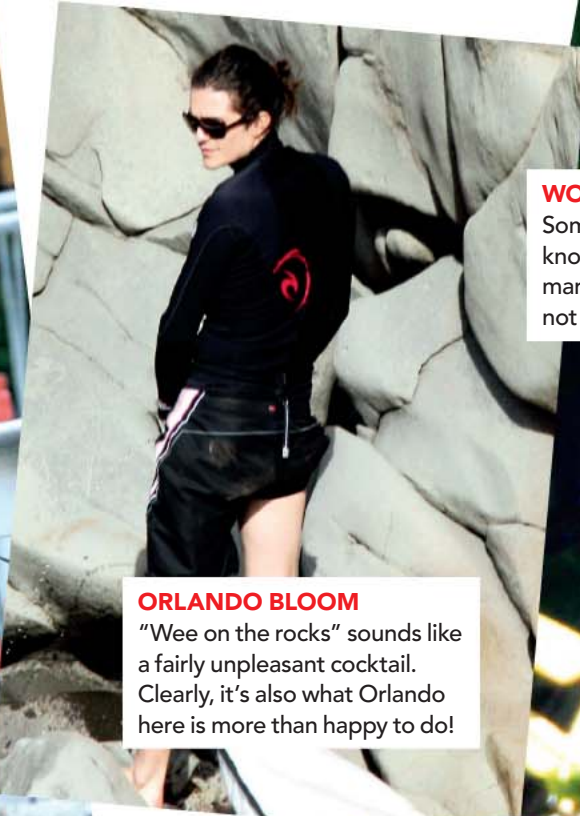




**PAOLO NUTINI**

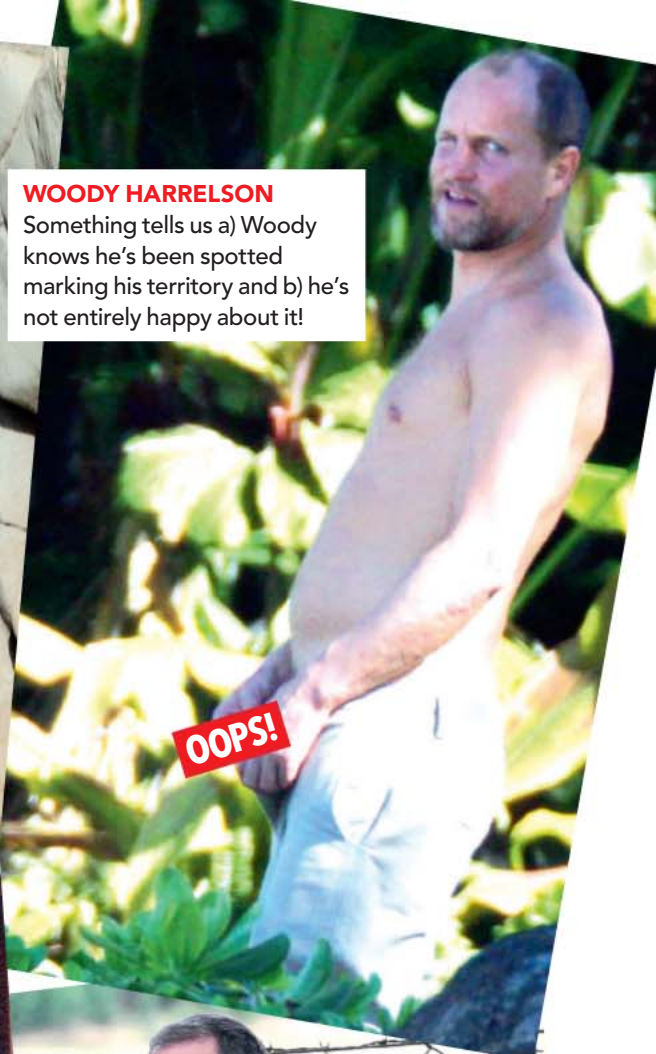
When we hear Paolo's music, we think the young Scot must be extracting the urine. Well, in this case, he definitely is!

**YIKES!**



**ORLANDO BLOOM**

"Wee on the rocks" sounds like a fairly unpleasant cocktail. Clearly, it's also what Orlando here is more than happy to do!



**WOODY HARRELSON**

Something tells us a) Woody knows he's been spotted marking his territory and b) he's not entirely happy about it!

**OOPS!**



**PRINCE HARRY**

"Tally-ho, chaps! One enjoyed this morning's ride! Now, if you'll excuse one, one is just ducking off to have a slash!"

**UH-OH!**

**PRINCE PHILIP**

Here's the Queen's other half, taking a break from blowing little birds' heads off to have a wazz in full view of the world.



**JAMES NESBITT**

This is how to do it! If you're caught going wee-wee, just smile like an idiot and keep on tinkling away. Bravo, Jimmy! ■



# Nuts SPORT

FIGHTING FOR ITS PLACE, EVERY WEEK!

**Nuts EXCLUSIVE!**

## Bent: 'Man City couldn't buy me!'

The Sunderland striker talks England, Steve Bruce and Twitter!

**H**i Darren! You're getting ready to face Montenegro for England at Wembley.

Is there belief back in the national team again? Yeah, it's nice to be back in the squad and, hopefully, I can get some minutes on the pitch against Montenegro.

Has this England squad got the quality to win the Euros?

Who knows? We've certainly got some great young talent coming through, such as Adam Johnson, Jack Wilshere

and Kieran Gibbs, but I'm sure other countries are progressing along with us. It won't be easy.

Would you step up to take a penalty in the last minute of a World Cup final? Of course!

I'm used to taking pens for my club so I'd just put my head down and hit it as hard as I could.

You had the Twitter logo stitched into your boots last season. Will you get the Nuts logo on them for us? Yeah, why not? I had a good relationship with Twitter when I got the last one done. They saw that I was

tweeting a lot and just asked if they could put it on my boot and I said yes. I'm sure I could do something for Nuts, too!

Ace! Has Steve Bruce ever given you the hairdryer treatment? To be fair, I've never had a rollicking from the gaffer – touch wood! I've seen him give it to a few other people, though, and it's not nice! He wants the team to be playing well and if we're not playing well, he's going to tell us!

Man City offer big money to new signings these days. What would you say if they offered you bags of cash to sign for them? Absolutely no way! I'm so happy at Sunderland – the area is lovely and the team's doing well. Man City might have a load of money but it's not about that at the end of the day. It's about where you're happy playing your football and right now, I'm really happy at Sunderland.

What's been your most extravagant purchase? I drive a Range Rover but my house was the most expensive thing – and the most important. I don't wear flashy clothes either – just stuff I like.

What do you want most for Christmas? Erm... if someone else was buying it, a plane! We've noticed you're wearing a Power Balance wristband – Why's that? It makes my upper body feel great. It's improved my balance and I feel good wearing it. It's also made my strength and co-ordination better, so it's all good.

If the Nuts five-a-side team wore them, would we be as good as you? I'm sure you'd be as strong! Maybe not as good with the ball at your feet, though! David Beckham, Ronaldo and Alex Reid all wear Power Balance wristbands. Who would win in a fight? Probably Alex Reid. I didn't see his fight the other night, though. How did he get on?

He got battered. Oh. He'd probably still beat us lot up!

To get your Powerbalance wristband, go online to [www.powerbalanceuk.com](http://www.powerbalanceuk.com)



"Darren, not sure the all-red tattoo works"

"Make my after-match pie this big"





What would  
you give Frank  
Lampard out  
of ten, Darren?

**IN THE SQUAD!**

**"I'd step up to take  
a penalty in the  
World Cup final"**

**England vs Montenegro**

Tuesday, 12 Oct, 7.30pm, ITV1/HD



# KAMMY!

ONLY IN  
Nuts!



He's footy's funniest pundit – and he's only in *Nuts*!

"Oi Nigel, we're trying to do a high-five here!"

STRETCHED OFF!

## End horror tackles now!

In my playing days, I was known for being a hard tackler. I'll hold my hands up and say that, now and again, I'd go in a bit too hard to let an opponent know I was about. But you'd never see a player crippled in a tackle like the ones we're seeing all too often these days.

Double fractures of tibias and fibulas are becoming all

too common and it's time the authorities clamped down on them, because we're losing some great talents who are simply never the same again due to the mental scars caused by the injury and subsequent recovery.

Look at some of the names to have suffered these kind of injuries recently: Aaron Ramsey, Eduardo, Hatem Ben Arfa, Antonio Valencia (although no blame was attached in that incident). They're all superbly gifted footballers who we're being denied the chance to see because of ridiculous tackles.

I'm not sure why incidents like this are becoming so frequent, but they have no part in the game. Back when I was playing at Leeds, I remember the manager Howard Wilkinson having a word with Vinnie Jones and me on the day we signed. He said simply, "Stay on your feet. I never want to see you throwing yourself into a tackle or you'll be fined." Neither Vinnie or myself were sent off during our time at the club. Other managers of the time would fine players 50 per cent of their wages if they got a yellow card, and a 100 per cent

if they saw red. That reduced the number of dodgy tackles, I can tell you! I'm not saying we don't want to see contact in the game. But we shouldn't have to see the careers of young, talented players ended.

On a lighter note, I'm fronting a great campaign called "Make the Team". It's a project that encourages everyone between the ages of 16-25 to volunteer in football-related projects around Britain. For more info, visit [www.vinspired.com/make-the-team](http://www.vinspired.com/make-the-team) – you could even win Premier League tickets!

"Incidents like this have no part in the game"



# CHRIS' CRYSTAL BALL!

Chris predicts the week's big games!



## 1 ENGLAND VS MONTENEGRO 12 OCT, 7.30PM, ITV1/HD

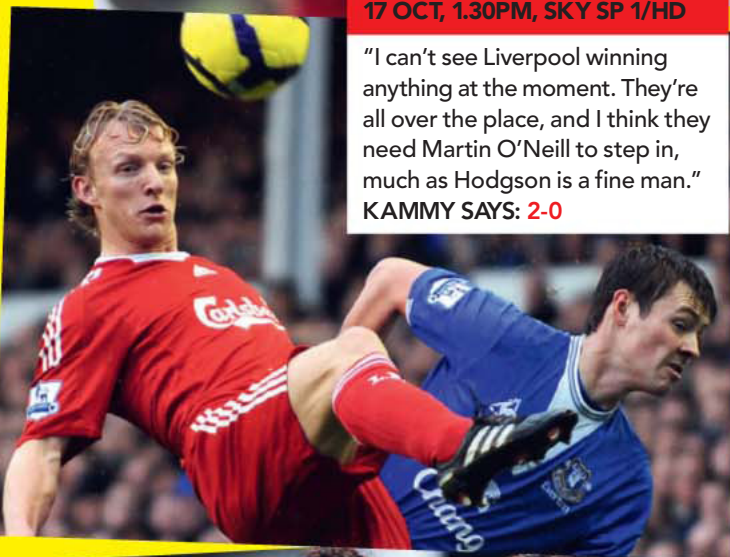
"Capello has dragged England out of the doldrums, but I can't believe he's still the boss. Either way, we should have too much class, with Wayne Rooney scoring."

KAMMY SAYS: **3-0**

## 2 EVERTON VS LIVERPOOL 17 OCT, 1.30PM, SKY SP 1/HD

"I can't see Liverpool winning anything at the moment. They're all over the place, and I think they need Martin O'Neill to step in, much as Hodgson is a fine man."

KAMMY SAYS: **2-0**



## 3 BLACKPOOL VS MAN CITY 17 OCT, 4PM, SKY SP 1/HD

"I bet a few of Roberto Mancini's players aren't looking forward to this one! If Tevez and his manager can stop arguing, I expect them to be too strong here."

KAMMY SAYS: **0-2**



## KAMMY'S UNBELIEVABLE-OMETER™

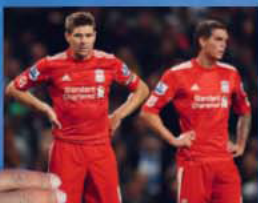
### UNBELIEVABLY GOOD!

#### ENGLAND NEW BOY!

I got a nice text from Kevin Davies last week, thanking me for saying on my show that it was time he got called up for England. You're welcome, Kev!



### UNBELIEVABLY BAD!



#### RED WOES!

What a breath of fresh air Ian Holloway and his Blackpool team are – their win at Anfield was an incredible result. But the once-great Reds are in a terrible mess.

## KAMMY-ALIKE!

► Alright Kammy! A mate and myself were working a night shift and saw this fella on the *Princess And The Frog* display stand. Never knew you were in a cartoon!

Ian Tandy, via email

Ha-ha! OK, even I have to admit that's a good one. Send in more Kammyalikes, folks!



## DRAW KAMMY!

Nice one, Lee! There's definitely a passing resemblance to me!

## Kammy needs you!

Send Kammy your jokes, pics etc to [kammy@ipcmedia.com](mailto:kammy@ipcmedia.com). The sender of the best one each week will win a signed Nuts T-shirt!



By Lee Wright, Leicester



**LIVERPOOL IN CRISIS!**

# Houghton: 'Fans must back Reds, not boo them!'

Liverpool legend Ray Houghton on how to turn around a club at the wrong end of the table!

**HOUGHTON!**



The Reds' latest signings were getting on a bit



"Can't stay long. I've got a road to dig!"



**FANS' FURY!**

"Hang on, I need to adjust my thong!"



**1 SORT OUT THE BOARDROOM!**  
"Everyone got excited about Hicks and Gillett coming in, but it didn't quite materialise as we thought. Until we know what the new owners are going to do, and whether they have the right background and funds, you have to reserve judgment on them. I remain indifferent at the moment. You learn quickly that people say certain things and don't deliver on others. Time will tell."

**2 GET BEHIND THE TEAM!**  
"The fans are just concerned about where the club is going – on and off the pitch. I'm sure they want to back Roy and give him time, but there's a bit of a panic when they look at one win in seven games and where they are in the league. But they have to get behind the team as much as possible, because if you go there and boo the players, it's not going to improve matters, I can assure you."

**3 BIG NAMES MUST PERFORM!**  
"I don't know if we'll see the same Fernando Torres as we saw a few years ago again – I can't look into the future. You can only hope that he gets his head down and still has the hunger to be a top pro. If he has, then he'll be back at some stage – it's a confidence thing. As for Joe Cole, he's come into a club lacking confidence. At the minute, it just seems to me the players' focus is not what it should be."





"Stop crying, you big baby, you've still got the Bentley parked outside!"

## Everton vs Liverpool

Sun 17 Oct, 1pm, Sky Sports 1/HD

"...7, 8, 9. Eh? Where's my other finger?"



### UNDER PRESSURE!

#### 4 HODGSON MUST GET THE TACTICS RIGHT!

"Roy has to keep coaching, keep believing and keep his focus.

Personally, I'd like to see the team play with more freedom, although I don't think their confidence is high at the moment. Roy hasn't got a magic wand and isn't going to turn them around overnight, but he has to assess the mood in the group and go from there. They have to be harder to play against."

"Mmm, I'm loving this new Lynx aftershave."



#### 5 PLAYERS MUST MAN UP!

"The players have got to stop feeling sorry for themselves and start playing – that's what they're paid to do. Their job is to play to the best of their ability, and they need to do it as a group. There's enough quality, particularly if they keep all the first team fit. Liverpool should have enough, particularly in this league, which is more about grit and determination than it's about technique."



### ON LOAN AT JUVE!

#### 6 BE BETTER IN THE TRANSFER MARKET!

"It's no use bringing in any more fringe players, the club needs a bit of top quality that's going to move the team on. There are question marks over a few and whether they have the desire and belief to be Liverpool players. It's up to them. Most of them will never get a club better than Liverpool, so it's up to them to put down a marker and have a great career at the club."



Nuts MOBILE

# Naked Lucy pics on your mobile!

Get your favourite pics for just £2 each!

£2 EACH!

TEXT NUTS466 TO 88888

TEXT NUTS467 TO 88888

TEXT NUTS468 TO 88888

EXCLUSIVE PICTURES!

TEXT NUTS469 TO 88888

TEXT NUTS471 TO 88888

TEXT NUTS470 TO 88888

- 1 Choose your download and text the **KEYWORD** to 88888
- 2 Download your product, sit back and enjoy

Nuts wallpapers and videos cost £2 each. Bill payer's permission and compatible handset required. Age 16+. Standard network and data charges apply. Help: 0870 850 8160 (national rate). You'll receive a link and access to the Nuts download area. Terms and conditions: [www.nuts.co.uk/fmdterms](http://www.nuts.co.uk/fmdterms). This is not a subscription service.

PPA CONSUMER MEDIA BRAND OF THE YEAR 2009

# Nuts

4th Floor, IPC Inspire, the Blue Fin Building, 110 Southwark Street, London SE1 0SU Tel: 020 3148 5000 Fax: 020 3148 8107

Email us at: [nutsmagazine@ipcmedia.com](mailto:nutsmagazine@ipcmedia.com) Website: [www.nuts.co.uk](http://www.nuts.co.uk)

**Editor** Dominic Smith

**Deputy Editor** Nick Solding 020 3148 6941 **PA/Office Manager** 020 3148 6948

**Editor-At-Large** Pete Cashmore 020 3148 6940 **Associate Editor - Entertainment** Sam Riley 020 3148 6921 **Associate Editor - News** Rory Buckeridge 020 3148 6917

**Associate Editor - Features** Mark Spence 020 3148 6952 **TV Editor** Danielle Graph 020 3148 6944

**Art Director** Simon Freeborough 020 3148 6934 **Associate Art Editor** Barney Hammond 020 3148 6933 **Deputy Art Editor** Iain Fryer 020 3148 6935

**Senior Designer** James Jarman 020 3148 6931 **Designer** Nitish Mandalia 020 3148 6930 **Fashion Editor** Steven Buchan 020 3148 6798

**Picture Editor** John Gooch 020 3148 6937 **Deputy Picture Editor** Daffydd Bynon 020 3148 6928 **Financial Administrator** Dan Brightmore 020 3148 6947

**Senior Picture Researcher** Andy Seal 020 3148 6927 **Picture Researcher** Colin Williams 020 3148 6938 **Executive Producer - Video** Phil Wallis 020 3148 6850

**Online Editor** Keith Walker 020 3148 6855 **Deputy Online Editor** Craig Bloomfield 020 3148 6800 **Online Picture Editor** Adrian Callaghan 020 3148 6851

**Production Editor** Marc Gadian 020 3148 6915 **Chief Sub Editor** David Kenning 020 3148 6916 **Digital Marketing Manager** Sam Wight 020 3148 6780

**Sub Editor** Mark Coughlan 020 3148 6923 **Sub Editor - TV Listings** Mike Hall 020 3148 6946

**Thanks to:** Tim Bradley (Acting Sports Editor); Rich Jenkins, Rich Pelley, Graham Wray, Steve Cochrane, Frank Tennyson, Nick Watkins, George Wales (words); Audley Jarvis, Anthony Teasdale (production); Ellis O'Brien, Alan McFaden (photography); Tony Bullman (repro); Anthony Baleato-Farrow (work experience)

For work experience enquiries, please contact [dan\\_brightmore@ipcmedia.com](mailto:dan_brightmore@ipcmedia.com)

## ADVERTISING & PRODUCTION

**Group Advertising Director** Andy Goldsmith 020 3148 6700 **Head Of Agency Sales** Rob Freeman 020 3148 6708 **Commercial Dev Manager** Neil McSteen 020 3148 6707

**Group Advertising Director's PA** Tribha Shukla 020 3148 6700 **Advertising Manager** Chris Dicker 020 3148 6709 **Regional Business Development Manager** Oliver Scull 0161 872 2152

**Digital Business Director** Andrew Sanders 020 3148 6716 **Head Of Insight** Andrew Marrs 020 3148 3645 **Insight Manager** Verity Amos-Piggott 020 3148 6732

**Agency Sales Team** Victoria Bell 020 3148 6703, Adam Bulleid 020 3148 6704, Hollie-Anne Shelley 020 3148 6725

**Sponsorship & Brand Solutions Director** Peter Edwards 020 3148 6723 **Sponsorship & Brand Solutions Managers** Jonathan Boakes 020 3148 6722, Jade Bousfield 020 3148 6706, Chris Dehaney 020 3148 6724, Rob Hunt 020 3148 6721

**Sponsorship & Brand Solutions Project Co-ordinator** Kylie Wallis 020 3148 6726 **Advertisement Production** Laurie King 020 3148 6729 **Classified Team Leader** Ashlyn English 020 3148 2558 **Inserts - IPC Innovator** John Firth 020 3148 3704

**Group Production Manager** Becky Goode 020 3148 5429

## MARKETING

**Head of PR** Nicola Woods 020 3148 6779 **Syndication Sales Executive** Cerie McGee 020 3148 5484 **Marketing Manager** Mei-Ling Rider 020 3148 6777

## PUBLISHING

**Chief Executive** Evelyn Webster **Managing Director** Paul Williams **Publishing Director** Jo Smalley **Publisher** Clair Porteous

© 2010 IPC Media Ltd No part of this magazine may be reproduced, stored in a retrieval system or transmitted in any form without prior permissions. Nuts may not be sold at more than the recommended retail price shown on the cover. ISSN 1742 8858

A Time Warner company. Repro by Wyndham Prepress. Printed by Polestar. Distributed by Marketforce.

SUBSCRIPTION RATES One year (51 issues) including P&P: PRIORITY (Air Mail) UK £86.70; Europe £145; USA \$243; Rest of World £148. Subscription enquiries +44 (0)845 676 7778 (Mon-Fri 8am-9pm UK time), Fax +44 (0)1444 445599, [ipcsubs@quadrantsubs.com](mailto:ipcsubs@quadrantsubs.com) or NUTS subscriptions, PO Box 272, Haywards Heath, West Sussex, RH16 3FS, England



**Terms and conditions** 1. Competitions are open to UK/Channel Island residents, except employees of IPC Media Ltd and their families or any companies or third parties connected with the competition. 2. There is no cash alternative to the prize. 3. No responsibility will be accepted for any postal or phone network problems experienced. 4. Winners will be notified by post/phone after the closing date. 5. The editor's decision is final. 6. Entry implies acceptance of these rules. 7. While every effort will be made to supply the prize as specified, prizes provided by third parties cannot be guaranteed. 8. No purchase is necessary. 9. Entrants agree to take part in future publicity. 10. Standard network charges apply. **Mobile terms:** Standard network charges apply. Your handset must be web-enabled. You'll receive a link to the Nuts Real Girls mobile site. You may incur WAP and data charges from your network operator depending on your operator and contract type. For full terms and conditions, visit [www.nutsrealgirls.com/about/terms.html](http://www.nutsrealgirls.com/about/terms.html). Customer Care 0117 307 9521. This is not a subscription service.

**BACK ISSUES** For all Nuts back issues, call John Denton Services on 01733 385170, fax 01733 239356



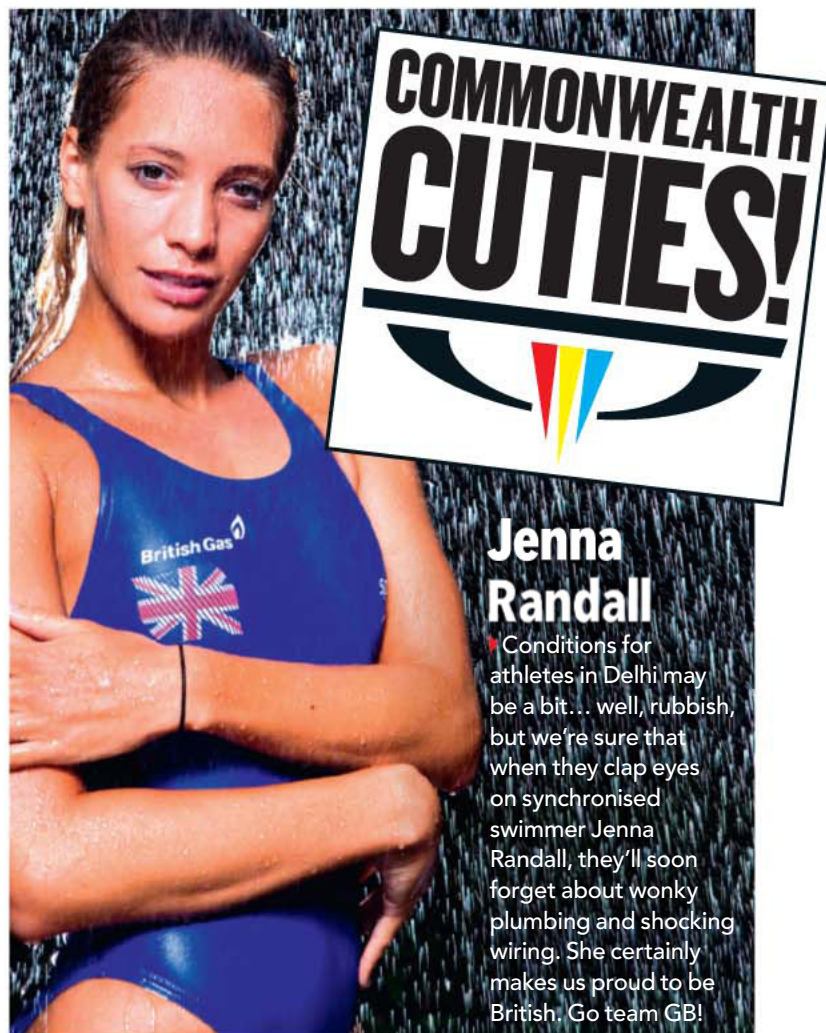
**ONLY IN  
Nuts!**

# NUTS ABOUT SPORT!

Funny goings-on in the wonderful world of sport! Send pics, chants etc to [tim\\_bradley@ipcmedia.com](mailto:tim_bradley@ipcmedia.com)



In a sport where competitors even shave their legs to improve their aerodynamics, Spanish cyclist Ruben Plaza pedals the path of the maverick. Rumours that he's related to Slash remain unconfirmed.



## Jenna Randall

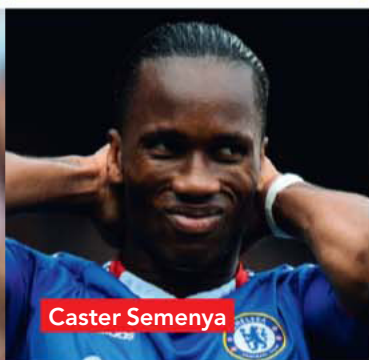
Conditions for athletes in Delhi may be a bit... well, rubbish, but we're sure that when they clap eyes on synchronised swimmer Jenna Randall, they'll soon forget about wonky plumbing and shocking wiring. She certainly makes us proud to be British. Go team GB!

## SPORT

## ALIKES!



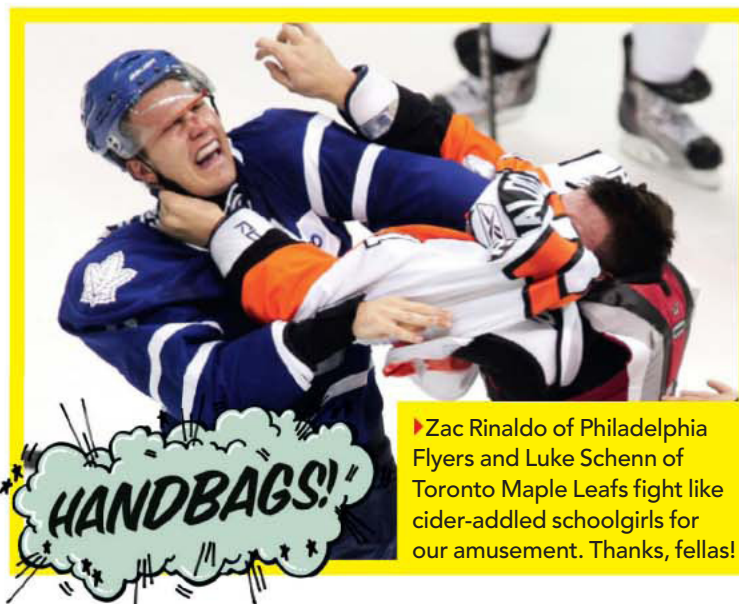
Didier Drogba



Caster Semenya



Spanish MotoGP star Efrén Vázquez is hit by German Jonas Folger after falling off in last week's Japanese GP. He's OK, but might need fresh leathers!



Zac Rinaldo of Philadelphia Flyers and Luke Schenn of Toronto Maple Leafs fight like cider-addled schoolgirls for our amusement. Thanks, fellas!



# RING OF TRUTH!

Football seen through the *Nuts* comedy glasses!

ONLY IN  
**Nuts!**

**AIR GUITAR HERO!**

"And then I take  
the lady and kiss  
her thusly"



"Hands  
up who  
wants  
cake?"



**WAVEY  
HANDS!**

"Is this one  
of those  
disposable  
ones?"



**NEW SNAPPER!**

"Huh? Why's  
Ashley in his  
pants?"



**NOSY LAMPS!**

"Ooh! I just adore  
musical theatre!"



**HELLO SAILOR!**



**SCARY  
MARY!**

"Grr... you're a  
tiger! Remember  
you're a tiger!"

"If I pull this face  
the fans won't  
recognise me!"



**HANDSOME!**

**BAFFLED  
BOSS!**

Roy's  
scratching  
his head!  
"Does anyone  
know what I'm  
doing wrong?"

**HANDS OFF,  
HEINZE!**

"You could at least  
buy me a drink first!"





# MAN-LOVE CORNER!

"Lads, can we make it a three-way? Er, lads?"

**CAPTAIN KISS!**

"Oops, we've been spotted!"

"Don't worry Joey, your 'tache will grow back!"

**OH YEAH!**

**CUDDLE UP!**

"Be quick though, someone might catch us!"

**HAPPY MASCOT!**

**SAY CHEESE!**

"Like my Ronaldo portrait?"

"Those crazy guys, cling-filming my face like that!"

**BIG WILLY!**

WORDS: NICK WATKINS PHOTOS: GETTY, BACKPAGE IMAGES, ACTION IMAGES, PA PHOTOS, OFFSIDE, SPORTSPHOTO, AMA



# THE MATCH OF THE DAY

50 FILTERS & 50 PAPERS



Nuts PROMOTION

# Top tips to play poker like a pro!

## Expert advice on how to win big in the *Nuts* Poker room

### 1 DON'T BLOW YOUR WAD!

Be cagey with your cash and only lay bets you can afford to lose. Don't put yourself under pressure by raising the stakes to chase your losses – you'll play worse when you're scared of losing. If you think you're the weakest player at the table, it's time to bust a move and drop down a level.

### 2 LAY OFF THE BOOZE!

Sinking cans playing "heads up" poker at home with the lads might be a bit of fun, but when you're playing chaps online who are only out to nab your cash, you need to keep a clear head!

### 3 CHOOSE YOUR HANDS!

While the big guns of the game might be able to play any two cards with skill, you'll need to build your confidence and protect your bankroll. Choose only the best starting hands to gamble with, and if you hit something big on the flop, bet hard!

### 4 PLAY TAG!

We're not talking playground here – to roll with the sharks, you need to play tight and aggressive. Be selective, then when you think you've got the best hand, go big.

### 5 STAY COOL ON THE DRAW!

If you've got a straight or a flush draw, don't keep calling bets just to see if you hit. If you're not getting the correct odds, just fold. And remember to draw to "nut hands" (eg Ace-high flush) rather than low hands (eg 7-high flush) as even if you hit your low flush, you may be beaten by a higher flush!

### 6 ASSUME THE POSITION!

Play moves clockwise. The worst position is the small blind (the first player to bet in a hand) and the best is the button (last to bet). If you're the button, you see what everyone's done before it's your turn, so it's the best spot to go for it and play most of your hands.

### 7 GO EASY WITH THE BLUFF!

Starting out, most players like to see what the other player is holding, so they call a lot more than they fold. This means people will call your bets more than they fold to them. So don't bluff too often or you'll get found out!

OUR POKER PRO!\*

NEW TO POKER?  
GET A FREE  
ONLINE POKER  
GUIDE WHEN  
YOU SIGN UP TO  
NUTS POKER!



Sign up to *Nuts* Poker to claim your \$800 welcome bonus and free online poker guide!

**WWW.PKR.COM/NUTS**

OVER 18S ONLY. WWW.GAMBLEAWARE.CO.UK



\*POKER TIPS COURTESY OF JAMES "JAMES666" SUDWORTH, MEMBER OF TEAM PKR PRO



# 'QUOTE ME ON THAT!'

This week's biggest match debaters!

**"Arsene Wenger has joined the nutters. In fact, he's one of the key nutters"**

Harry welcomes Arsene to the madhouse.



**"Gomez stayed up even when he was falling"**

Charlie Nicholas sees the Spurs keeper defy physics.

**"African girls are as sexy as cheese"**

Sunderland striker Asamoah Gyan knows how to charm the ladies.



**"There are a lot of Asian teams in the Asian Cup"**

Jeff Stelling with a helpful explanation.



**"I can't kill Gareth Bale off"**

Harry Redknapp tries to put down his defender.

**"The European game is different to the humble and tumble of the Premier League"**

Ossie Ardiles invents a new language.

**"Macheda played like he should have had a duck on his head"**

Sky Sports' Peter Beagrie on the Man United target man.



**"The Premier League is the Grand National"**

Glenn Hoddle gets his sports horribly mixed up.

**"I'm 93 by the way"**

Sir Alex Ferguson looking good for his age for once.



## 'OO-ER SOUNDS A BIT RUDE' CORNER!

**"You can feel Mark Hughes' passion start to grow"**

Fulham's Simon Davies on his excitable boss.

**"Gareth Bale enjoyed himself round the back of the lad"**

Paul Walsh watches Spurs get stuck in.

**"The cop gave it to me with his truncheon"**

Santos player Marquinhos takes one for the team.



**"Baked beans for breakfast can trigger a violent reaction in anyone not used to them"**

West Ham's Henry Ilunga prepares for a windy day.





# Nuts REAL GIRLS

THE BEST OF BRITISH HOTTIES!

## BEDROOM BABE!

**Misha** 18, Grimsby, student

"To give a man a night to remember, I'd dress up for him, tease him, tell him what to do and totally take control!"

**Want to be a Nuts model?** Only work with official Nuts staff. If you're approached by a photographer, call us on 020 3148 6927 to confirm they're genuine.





**"My boobs  
got me off  
a speeding  
ticket!"**



**TURN TO VOTE FOR OUR  
NEXT BEDROOM BABE!**



**NUTS PROMOTION**

# PLAY BEJEWELLED® HYPERCASH AND YOU COULD **WIN BIG!**

Turn Bejeweled® Gems into Big Money Wins!

**Nuts  
GAMES**

**WIN  
UP TO  
£10,000!**



1. Choose your stake and click GO!



2. Six matching gems or more win cash



3. Exploding hypercubes could bring even bigger wins



4. Turn gems into big money wins now!

**UP TO  
£200 FREE  
PLAY!**

GET UP TO **£200 FREE PLAY\*** ON BEJEWELLED® HYPERCASH!  
SIGN UP TODAY AND ENTER PROMO CODE **NUTSA41**

**WWW.NUTSGAMES.CO.UK**

TV GAMES INSTANT WIN SCRATCH CARDS BINGO CASINO GAMES

\*200% DEPOSIT BONUS UP TO £200 FOR NEW CASH MEMBERS ONLY. MINIMUM £10 DEPOSIT REQUIRED - EG DEPOSIT £100 AND WE'LL GIVE YOU AN EXTRA £200 FREE PLAY ON TOP. TO RECEIVE THIS OFFER, YOU MUST ACCEPT THE SIGN-UP BONUS WHEN REGISTERING. SUBJECT TO TERMS AND CONDITIONS OF THE OPERATOR, AVAILABLE AT WWW.NUTSGAMES.CO.UK. FOR 24-HOUR HELP AND SUPPORT, FREEPHONE 0800 458 0770. OVER-18S ONLY. PLEASE PLAY RESPONSIBLY. WWW.GAMBLEAWARE.CO.UK CLOSING DATE: 28 OCTOBER 2010

[gambleaware.co.uk](http://gambleaware.co.uk)

[jackpotjoy.com](http://jackpotjoy.com)



# BEDROOM BABES!

Vote for your favourite – and she'll star in *Nuts*!

Vote for your favourite at [www.nuts.co.uk/girls](http://www.nuts.co.uk/girls)

**Ladies, send us your pictures!** Send your photos to Real Girls UK, *Nuts*, 4th Floor, IPC Inspire, the Blue Fin Building, 110 Southwark Street, London SE1 0SU. Or email [nutsgirls@ipcmedia.com](mailto:nutsgirls@ipcmedia.com). You must be at least 18 years old.

**ONLY IN  
Nuts!**

## Amber

22, Essex, student

"To make a man remember me, I'd give him a kiss that'd leave him wanting more!"

## Jessica

21, Newcastle, student

"I'd like a different first date. Something like an aquarium, then a cool champagne bar!"

## Emily Jane

20, Ammanford, florist

"My best features are my boobs, although my hair gets lots of compliments as well!"

## Brittney

19, Kent, hairstylist

"I'm a catch because I'm sure to make you laugh, which isn't something all girls can do!"

**Vote now to see more of your favourite girl!**

The winner gets her own Bedroom Babes shoot in a future issue of *Nuts*!

Choose the girl you think is the hottest, go to [www.nuts.co.uk/girls](http://www.nuts.co.uk/girls), click on the "Bedroom Babes" bit and vote for her. It's as simple as that!



# REAL GIRLS, REAL PLACES!

**ONLY IN  
Nuts!**

**THIS WEEK:**

**Name:** Leah

**Age:** 23

**Boobs:** 32C. "My friends think they're nice!"

**Likes:** "Men in uniform!"

**Ever kissed a girl?**

"Yes, all my girlfriends!"

**Strangest place you've had sex?** "On the beach on holiday!"

**Sex tip:** "Take things nice and slow!"

Ladies, would you like Nuts to hang out with you for the day? Email a photo and a bit of info about yourself to [nutsgirls@ipcmedia.com](mailto:nutsgirls@ipcmedia.com) or write to Real Girls UK at the address on page 68. You must be at least 18 years old.

## Leah's luscious guide to Knebworth

We meet a hottie from Hertfordshire!



**HELLO!**



### Leah on... her home!

"We're in Hertfordshire in the middle of nowhere, with just woods and deer for company! I'm a Geordie originally and I really miss Newcastle!"



### Leah on... sleeping!

"I need about eight hours sleep. I work early so I need to get to bed early. I'm a quiet sleeper and I don't move, so I'm comfy to share a bed with."

### Leah on... her boobs!

"I'm a 32C. I wish my boobs were bigger but all my friends love them – they think they're really round and pert. Oh well, best not complain then!"



### Leah on... her lips!

"I can't repeat what people say about my lips because it's too rude! But I do get a lot of compliments because they're very full and very big!"



**"I spend hundreds of pounds on undies!"**

**Leah on... keeping fit!**

"I love eating chocolate and crisps. I've got a boxing bag and an exercise bike but I don't use them! Sex is great exercise and I get plenty of that!"

**Leah on... her knickers!**

"I buy a pair of knickers nearly every day, mostly boxer-style ones and thongs. I must spend hundreds of pounds a month on undies. I love them!"

**Leah on... keeping cool!**

"I'm not too much of a drama queen, honest! Well, maybe. I big things up more than I should, but I'm quite level-headed and easy-going."

**Leah on... going out!**

"My favourite drink is amaretto and cranberry, or champagne. I don't buy it but I always end up drinking it when I'm out. One glass and I'm tipsy!"

**Leah on... getting ready!**

"It takes me about an hour to get ready - I'm actually quite quick! I like to chill in the bath with candles and bubbles and wine... and me!"





# THE XXXPENDABLES



**HOLLY D    ANGEL LONG    CATHY BARRY    TAMMIE LEE    MICHELLE MOIST**

THIS OCTOBER GET THE ADULT CHANNEL AND 5 OTHER PREMIUM ADULT CHANNELS FOR ONLY  
£9.99 PER MONTH (WAS £24.99) CALL 0844 8429 695 OR VISIT [WWW.ADULTCHANNEL.CO.UK](http://WWW.ADULTCHANNEL.CO.UK)  
TO SUBSCRIBE NOW

Adult Channel Sky Channel 901  
Adult Channel Virgin Channel 477

**ADULT  
CHANNEL**



# LADIES CONFESS!

**100%  
REAL  
STORIES!**

## TO OUR SECRETARY!

**IT'S LOU!**



### CONFESSION OF THE WEEK!

#### 'I dressed as a naughty nurse'

A few months ago, I pulled this great-looking guy in a bar and agreed to go back to his for a night of hot sex. Once there, we wasted no time in stripping off and getting down to it. I could feel myself getting wet from his kisses, and by the time his head was buried between my legs I was howling like crazy. He then asked if I'd wear a nurse's uniform. I'm always up for a bit of saucy fun so put it on. He ended up taking me from behind while I clung onto the headboard as it bashed into the wall. Imagine my shame when, in the morning, his sister burst into the room looking for her "work" uniform!

*Becks, Guildford*

#### 'I dropped to my knees'

I was in my first year at Bristol Uni when I met a guy from the flat upstairs. He was one of those people I knew I'd end up in bed with, but it wasn't until a group

night out a few months later that he got up the courage to kiss me. It was worth the wait! We rushed out of town and across the Clifton Suspension Bridge, but halfway across, I couldn't contain myself and dropped to my knees, taking him in my mouth and sucking away gently in a quiet alcove. The

possibility of being spotted was a massive turn-on for us both and he soon blew his load! We'd just about got ourselves together when two policemen arrived to see what was going on! They said they'd had calls about a potential suicide attempt – obviously our huddle had been mistaken for a person in distress! I composed myself and assured the coppers that we weren't depressed at all!

*Emma, Kent*

#### 'We took him in the shower'

A group of us went on a hen weekend this summer to Marbella. There was a huge group of boys that we met and one particular who I had my eye on. The only problem was that another single girl felt the same way about him. Over the week, he ended up snogging us both and on the last night, we thought we'd both lure him to ours for some fun. Having drinks in the hotel bar, I whispered to him that I'd love to get him alone. We went up to my room and to his surprise, my friend was already in there, naked. Pushing him into the bathroom, we turned the shower on and soaked his clothes. Within seconds he was between us, cupping and licking our breasts. I then pulled his trousers off and went down on him. My friend climbed up and straddled the bath so he could give her oral. We spent the next few hours pleasuring each other and then all went out clubbing. Everyone was

saying that it was the best hen do ever – well, it certainly was for us!

*Rachel, Essex*

#### 'My dad caught us in the bath'

My mum and dad went away for the weekend so I wasted no time in inviting my new boyfriend over to take advantage of the empty house. Their bathroom has this glass bath with jets and bubbles that fill from all sides. We stripped and dived straight in, kissing and splashing each other. Pulling me close, he kissed me for ages and I could feel his erection growing harder against my leg. I put my fingers around his shaft and slowly stroked him up and down. He groaned in pleasure and returned the favour by rubbing me slowly between my legs. Then I climbed on top of him and started pumping away. There was water everywhere! Suddenly, I heard a voice on the stairs and there was no time at all to dismount or cover up. My dad appeared in the doorway, and looked completely shocked! The see-through glass bath showed everything and needless to say, my new man was thrown out and told never to come back!

*Sara, Herts*

#### Win £50!

Ladies, send your raunchiest confessions to [louise\\_prior@ipcmedia.com](mailto:louise_prior@ipcmedia.com) or to the address on page 68. The best one each week\* wins £50! Come on, girls!



# Nuts FASHION

Style that takes you up a notch

FASHION: STEVEN BUCHAN  
GROOMING: DANIELLE GRAPH

CREDIT

## 10 belting belts

**HOWICK £20**

If the preppy look's what you're after, get this.

**TOPMAN £16**

Team this belt with some chinos and you're away.

**DUCK & COVER £28**

A great way to add some colour to your outfit.

**G-STAR £43**

This military style is on the money.

**TOPMAN £18**

This is the fashion editor's top pick!



# 5 NEW GROOMING PRODUCTS

## SECOND SON £60

Hand-made and there are only 25 of them, so be quick!

## ASOS £15

Perfect with jeans.



## JACK & JONES £30

Team this one with cargo trousers.

## DIESEL £60

OK, it's quite a bit of moolah, but we reckon it's worth it.

## LEVI'S £38

As always, Levi's turns out the goods.

## L'EAU D'ISSEY POUR HOMME NOIR ABSOLU EDT £59

A brand-new interpretation of the classic smell.

**Stockist:** [www.debenhams.co.uk](http://www.debenhams.co.uk)



## TOMMY HILFINGER LOUD EDT £27

This vinyl-inspired bottle packs a punch with a sweet scent – perfect for a night out.

**Stockist:** 08700 342566



## WILKINSON SWORD HYDRO SENSITIVE FOAM £3

From a range of shaving gels and creams to go with Wilkinson Sword's brand-new razor.

**Stockist:** nationwide



## LAB SERIES POWER PROTECTOR SPF 50 £42

For men who take skincare seriously, this is a top moisturiser.

**Stockist:** [www.labseriesformen.co.uk](http://www.labseriesformen.co.uk)

## BURBERRY BRIT LIMITED EDITION FOR MEN EDT £44

With ingredients like nutmeg, pine needles and incense, this has Crimbo all over it.

**Stockist:** nationwide



**STOCKIST:** DUCK & COVER/JACK & JONES/HOWICK: [WWW.HOUSEOFFRASER.CO.UK](http://WWW.HOUSEOFFRASER.CO.UK). DIESEL/ASOS/LEVI'S/G-STAR: [WWW.ASOS.COM](http://WWW.ASOS.COM). TOPMAN: 0845 121 4519. SECOND SON: [WWW.SECOND-SON.COM](http://WWW.SECOND-SON.COM)



# Nuts REVIEWS

## GAMES!



MOH did have playable Taliban, until EA thought better of it

### MEDAL OF HONOR

PC, PS3, XBOX 360



The original Second World War-based first-person shooter gets a belated update that shifts combat to present-day Afghanistan.

So, should *Modern Warfare* be worried? Well, yes and no. This is no *Call Of Duty* beater, but it's still a solid and atmospheric shooter that takes on a difficult conflict and makes you feel heroic. The next one will be awesome. ★★★★★



### JOHN DALY'S PRO STROKE GOLF

PS3, XBOX 360



It's no *Tiger Woods* but it's still good fun, nicely put together and worth a look. The PS3 Move makes it infinitely more fun, too. ★★★



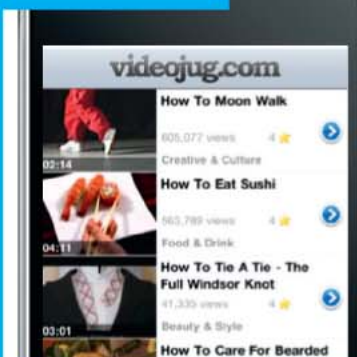
### WII PARTY

NINTENDO WII



This year's mini-game fest takes out the Nintendo characters and uses your Miis instead, but there's still plenty to keep you amused. ★★★

## APPS!



### VIDEOJUG

IPHONE, ITOUCH, IPAD



Want to learn how to do... well, anything? Videojug gives you access to all kinds of helpful videos, from golfing to getting a girlfriend! ★★★★★

### THE INBETWEENERS

IPHONE, ITOUCH, IPAD



Laugh yourself silly with this top app that lets you listen to the genius quotes of Will, Simon, Jay and Neil in all their puerile glory. ★★★★★

## DVDS/BLU-RAY!



Shaun's character is based on the experiences of director Shane Meadows

### THIS IS ENGLAND '86

CERT 15 DVD



If you missed Shane Meadows' brilliant four-part follow-up to 2006 film *This Is England* on Channel 4 recently, catch it in all its retro glory as

the likes of Shaun, Lol and Woody make their way in an era of sky-high unemployment and a Hand of God assisted World Cup exit. By turns humorous, touching and shocking, this is one of the best British dramas of the year. ★★★★★

### MACGRUBER

CERT 15 DVD & BLU-RAY



Top slapstick laughs starring Will Forte as a special ops agent out to thwart terrorist Dieter von Cunth (snigger!), played by Val Kilmer. ★★★★★

### THE CLEVELAND SHOW: SEASON 1

CERT 15 DVD & BLU-RAY



The first series of the *Family Guy* spin-off that's not quite as brilliant as its parent show, but isn't far off. Still pretty ace then! ★★★★★

### 30 DAYS OF NIGHT: DARK DAYS

CERT 18 DVD



Kiele Sanchez heads a gang of vampire hunters out to avenge the death of her husband. A solid slice of slam-bang horror. ★★★

## MUSIC!



### MAGNETIC MAN

MAGNETIC MAN



Top dubstep blokes Skream and Benga, who we've heard of, and Artwork, who we haven't, team up for an ace album of mad beats and honking basslines. ★★★★★

### ROBBIE WILLIAMS

IN AND OUT OF CONSCIOUSNESS



What? We thought he'd rejoined *Take That*. Oh well, this is Robbie doing what he does best – slightly smug big pop with anthemic choruses and that. ★★★



## The latest action-packed releases!

Ratings: ★★★★★ Genius ★★★★★ Very good ★★★ Investigate ★★ Alright ★ Rubbish

### MOVIES!

Justin Timberlake plays bad-boy Napster file-sharing entrepreneur Sean Parker

Facebook has over 500 million members, with Zuckerberg now worth \$7billion!

### THE SOCIAL NETWORK CERT 12A

Compelling college campus drama about the birth of Facebook, with Jessie "Zombieland" Eisenberg as billionaire boffin Mark Zuckerberg, and Brit actor Andrew Garfield as the best friend he betrays. David

Fincher directed classics such as *Se7en*, and armed with a top script from *West Wing* writer Aaron Sorkin turns the true-life story of a geek who would inherit the earth into a cracking flick. ★★★★★

### WALL STREET: MONEY NEVER SLEEPS CERT 12A

Michael Douglas returns as Gordon Gekko in Oliver Stone's cracking sequel to his Oscar-winning "greed is good" '80s drama. ★★★★★

### Nuts PROMOTION

## Win all these games!

Vote in the Golden Joysticks and nab the lot!

**VOTE NOW! NUTS.CO.UK/  
GOLDENJOYSTICKS**

**T**op videogame awards the Golden Joysticks are back! Cast your vote in the Best Action Game category, sponsored by Nuts, and you could win this lot!





# Nuts TV

Seven days of brilliant telly for blokes!



6am

7pm

1am

BBC ONE

**6.00am** Breakfast **9.15** Heir Hunters (R) **10.00** Homes Under the Hammer **11.00** To Buy or Not to Buy (R) **11.30** Cash in the Attic (R) **12.15pm** Bargain Hunt (R) **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Diagnosis Murder (R) **3.00** BBC News, Weather, Regional News **3.05** CBBC **5.15** Weakest Link **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

**7.00** The One Show  
Topical gassing.

**7.30** Real Rescues  
Clichéd rescue alert: a cat becomes trapped on a roof. (R)

**8.00** EastEnders  
Frowny Londoners argue with each other in between guzzling jellied eels.

**8.30** QI  
Head-scratching giggles with guests Ross Noble and Sean Lock.

**9.00** New Tricks  
Same old rubbish.

**10.00** BBC News, Weather

**10.35** Best of Would I Lie to You? (And Unseen Bits)  
Highlights from the third series. (R)

**11.05** The National Lottery Draws

**11.15** Flashbacks of a Fool

**FILM** Offbeat British drama starring Daniel Craig and Harry Eden.

**1.05am** Sign Zone: Gears and Tears (R) **1.35** Gareth Malone's Extraordinary School for Boys (R) **2.35** Who Do You Think You Are? (R) **3.35-6.00am** News

REGIONAL VARIATIONS

**BBC1 SCOTLAND: 7.30pm** Bang Goes the Theory **BBC1 NORTHERN IRELAND: 1.05am** Sign Zone: Panorama **BBC1 WALES: 7.30pm** Bang Goes the Theory **BBC2 SCOTLAND: 7.00pm** Landward **7.30** Eòrpa **11.50** Mod **12.35am** Later with Jools Holland **1.35am** **FILM** Metropolitan: Comedy

BBC TWO

**6.00am** CBeebies **7.00** CBBC **8.30** CBeebies **11.30** Animal Park (R) **12.00noon** Daily Politics **12.30pm** GMT with George Alagiah **1.00** Castle in the Country (R) **1.30** Ready Steady Cook (R) **2.15** Car Booty **3.00** Monk **3.45** Flog It! (R) **4.30** Pointless **5.15** Escape to the Country (R) **6.00** Eggheads **6.30** Strictly Come Dancing - It Takes Two

**7.00** The Culture Show: A Contemporary Art Special

**7.30** Priceless Antiques Roadshow  
A bloke reveals how a prized find was snatched from his grasp. Drat. (R)

**8.00** Mastermind  
Head-scratching, minus the giggles. Boo!

**8.30** Gardeners' World  
Weed-digging dross.

**9.00** Norman Wisdom: His Life and Times  
Profile of the pocket-sized comedy actor, who died earlier in the month.

**10.00** The Rob Brydon Show  
With Lucy Porter and Paloma Faith.

**10.30** Newsnight

**11.00** The Review Show

**11.50** Later with Jools Holland  
With shouty popsters the Ting Tings.

**12.50-2.25am** Metropolitan  
**FILM** Comedy starring Edward Clements and Carolyn Farina.

itv 1

**5.30am** ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show **10.30** This Morning **12.30pm** Loose Women: With Russell Kane. **1.30** ITV News **1.55** Regional News, Weather **2.00** 60 Minute Makeover **3.00** Dickinson's Real Deal **4.00** Midsomer Murders (R) **5.00** The Alan Titchmarsh Show **6.00** Regional News, Weather **6.30** ITV News

**7.00** Emmerdale  
Manure-related misery.

**7.30** Coronation Street  
And speaking of misery.

**8.00** Cheetah Kingdom  
Hand-reared African wild dogs are released into the wild, and a leopard is trapped on a farm. Er, cheetahs?

**8.30** Coronation Street  
Rosie sets the kitchen on fire with her hair straighteners. The big dot.

**9.00** Paul O'Grady Live  
With Michael McIntyre and Harry Hill.

**10.00** ITV News, Weather

**10.35** American Pie Presents Band Camp

**FILM** An obnoxious teenager is punished for a practical joke by having to spend the summer with the musical nerds at band camp.

**12.20am** The Zone  
Shopping and interactive gaming.

**2.20** **FILM** The Black Windmill: Espionage thriller starring Michael Caine and John Vernon. **4.45-5.30am** ITV Nightscreen

TV PICK OF THE WEEK!

SATURDAY!

Bisping's back!

UFC 120, ESPN, 8pm

Prepare for battle as Britain's Michael Bisping takes on Yoshihiro Akiyama, while Dan Hardy battles Carlos Condit. Come on, lads!

## TODAY'S SPORT

sky SPORTS 1

**6.00am** Aerobics **6.30** Urban Ride  
**7.00** **LIVE** Tennis  
**3.00pm** Urban Ride  
**3.30** Sailing  
**4.00** Ringside (HD)  
**5.00** Premier League World (HD)  
**5.30** Football League Weekend (HD)  
**6.30** Premier League Preview (HD)  
**7.00** Sky Sports News at Seven (HD)  
**7.30** **LIVE** Rugby Union (HD)  
**10.00** Take It Like a Fan  
**10.30** Premier League Preview (HD)  
**11.00** Football League Weekend (HD)  
**12.00m't** Victory Shield Football (HD)  
**2.00am** Take It Like a Fan  
**2.30** Football League Weekend (HD)  
**3.30** Premier League Preview (HD)  
**4.00** Ringside (HD)  
**5.00** Sky Sports Classics  
**5.15-7.30am** **LIVE** Rugby League: New Zealand Maori vs England.

sky SPORTS 2

**6.00am** Good Morning Sports Fans (HD)  
**9.00** Ringside (HD)  
**10.00** IAAF Athletix Weekly  
**10.30** Premier League World (HD)  
**11.00** Aerobics  
**11.30** Racing News  
**12.00noon** Transworld Sport  
**1.00pm** Race World  
**2.00** Ringside (HD)  
**3.00** WWE: Raw (HD)  
**5.00** NFL: Total Access  
**6.00** World Sport  
**6.30** Tight Lines  
**7.30** **LIVE** Football (HD)  
**9.30** World Sport  
**10.00** Tight Lines  
**11.00** Ice Hockey  
**12.00m't** Rugby Union (HD)  
**2.30am** Tennis (HD)  
**4.30** Tight Lines  
**5.30-6.00am** World Sport

## ON DIGITAL, SATELITE

FILM4 (315)

**6.50pm** The Family Stone: Comedy drama with Sarah Jessica Parker. **9.00** Walk the Line: Biopic of Johnny Cash starring Joaquin Phoenix. **11.35** Lucky Number Slevin: Crime thriller starring Josh Hartnett. **1.40-3.40am** Solaris: Sci-fi drama starring George Clooney.

COMEDY CENTRAL (126)

**7.00pm** The King of Queens **7.30** Mike & Molly **8.00** Two and a Half Men **9.00** Michael McIntyre: Live & Laughing **10.25** South Park **10.55** **FILM** Bad Boys II: Comedy thriller sequel starring Will Smith.

**ESPN** **7.00pm** Goal! **7.30** **LIVE** Bundesliga **9.30** Premier League Preview **10.00** UFC **11.00** Poker **12.00m't** BMX Supercross **12.30am** **LIVE** NHL Ice Hockey **3.00** UFC Unleashed **4.00-6.00am** **LIVE** Major League Soccer





**6.00am** Sali Mali (R) **6.05** The Treacle People (R) **6.15** Planet Cook (R) **6.35** Yo Gabba Gabba (R) **7.00** Freshly Squeezed **7.30** Everybody Loves Raymond (R) **8.25** Frasier (R) **8.55** Friends (R) **9.25** Coach Trip (R) **12.00noon** Channel 4 News Summary **12.05pm** A Place in the Sun: Home or Away (R) **1.10** **FILM** Santa Fe Passage: Western adventure. **2.55** Wogan's Perfect Recall **3.25** Countdown **4.10** Deal or No Deal **5.00** Come Dine with Me **5.30** Jamie's 30 Minute Meals **6.00** The Simpsons (R) **6.30** Hollyoaks

**7.00 News**

**7.25 4thought.tv**

**7.30 Unreported World**  
Overpopulation in Manila.

**8.00 Come Dine with Me**  
"Sprouts? But I hate sprouts!" etc.

**9.00 Davina McCall: A Comedy Roast**

Well-known faces pay tribute to the loud-mouthed former *Big Brother* presenter.

**10.00 8 Out of 10 Cats**

**MUST-SEE** It's the last in the series. Noo!

**10.55 The Inbetweeners**

Will is left home alone. Cue predictable carnage and the usual hilarity. Brilliant!

**11.30 Jason Manford: Live**

A 2009 performance by the comedian at the Manchester Apollo. (R)

**12.35am Music on 4: Abbey Road Debuts**

**12.50 Mumford & Sons: Gentlemen of the Road**

**1.05** On Track (R) **1.20** Hung (R) **1.50** Hung (R) **2.20** Studio 60 on the Sunset Strip (R) **3.05** Afterworld (R) **3.30** This Top 20 **5.30-6.15am** Countdown (R)

Sports Centre: Friday Night Football **11.00** STV News and Weather **11.15** Swingtown **12.05am** Brain Box **1.00** The Rockford Files **2.00-5.30am** The Nightshift **ULSTER: 10.35pm** Swingtown **11.35** Duty Free: Robert warns his wife off David. **12.00m't** Star Bites **12.05am** Brain Box **2.25am** Countrywise



**6.00am** Milkshake! **9.15** The Wright Stuff **10.45** Trisha Goddard (R) **11.40** House (R) **12.35pm** Five News **12.40** Meals in Moments (R) **12.50** Police Interceptors (R) **1.45** Neighbours **2.15** Home and Away **2.50** I Own Britain's Best Home: Flying Visit (R) **3.05** Undue Influence (R) **5.00** Five News, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** Live from Studio Five

**7.00 Five News at 7**

**7.30 Fifth Gear**

Tiff Needell tests Porsche's Cayman against the Lotus Evora. Lucky old him!

**8.00 Eddie Stobart: Trucks and Trailers**

The drivers transport polo ponies.

**9.00 The Mentalist**

**MUST-SEE** The excellent crime drama following smug police consultant Patrick Jane returns! Hurrah! Jane contemplates his future with the team following his confrontation with serial killer Red John.

**10.00 Law & Order: Special Victims Unit**

A woman accuses her estranged husband of breaking into her home and raping her.

**11.00 CSI: Miami**

Delco witnesses a bank robbery that ends in a shootout. Cool! (R)

**12.00m't SuperCasino**

Live interactive gaming.

**4.05** **SPORT** Motorsport Mundial **4.30** How to Take Stunning Pictures (R) **4.55** Rough Guide to Islands (R) **5.10-6.00am** Michaela's Wild Challenge (R)



**6.00am** The Biggest Loser US (R) **7.00** Brainiac: Science Abuse (R)(HD) **8.00** Best of Oops TV (R) **9.00** Zoo Vet at Large (R) **9.30** Zoo Vet at Large (R) **10.00** Bones (R)(HD) **11.00** Kim's Rude Awakening (R)(HD) **11.30** New Parent Nightmares (R)(HD) **12.00noon** The Biggest Loser US **1.00pm** Project Runway (R) **2.00** Bones (R)(HD) **3.00** Stargate Atlantis (R)(HD) **4.00** Stargate Atlantis (R)(HD) **5.00** **SPORT** WWE Superstars **6.00** Oops TV (R) **6.30** The Simpsons (R)

**7.00 The Simpsons**

Bart gets into bother for vandalising Flanders' Beatles memorabilia. (R)

**7.30 The Simpsons**

Bounty hunter Ned tracks down Homer after he skips bail. (R)

**8.00 Oops TV**

Home videos and out-takes.

**9.00 House**

An apparently healthy girl collapses, causing much brow-furrowing. (R)(HD)

**10.00 Thorne: Sleepyhead**

Brilliant crime drama starring David Morrissey. Make sure you catch the second part on Sunday! (R)

**11.00 Stargate Universe**

The battle between the crew and the Lucian Alliance rages on. (R)(HD)

**12.00m't Football's Greatest**

Baldy France star Zinedine Zidane. (R)

**12.30am Road Wars (R)**

**1.25** Road Wars (R) **2.15** Street Wars **3.05** Oops TV (R) **3.30** Lost (R)(HD) **4.20** Lost (R)(HD) **5.10-6.00am** Are You Smarter Than a 10 Year Old? (R)(HD)

## TODAY'S MUST-SEES



"I know... my iron's broke"

## The Mentalist

Five, 9pm

**DRAMA** Patrick Jane is back and he's still a consultant for the California Bureau of Investigation. He's there to find out who Red John is – the nutter who killed his missus and kid. But today, he's not playing ball with the CBI. ★★★★★



"Can you work out whether I'm past it or not?"

## 8 Out of 10 Cats

Channel 4, 10pm

**COMEDY** Well, that short series came and went all too fast for our liking. In this final episode, guests include Carol Vorderman (we would) and Russell Kane (we wouldn't). Come back soon, we're missing you already! ★★★★★

## LLITE AND CABLE TV TONIGHT

**1.40am** Comedy Central at the Comedy Store **2.10** South Park: Brill laughs. **3.10** Grouchy Young Men **3.40** Two and a Half Men **4.05** Shortcuts Shuffle **4.20** The King of Queens **5.10-6.00am** Frasier

**DISCOVERY (520)**

**6.00pm** Mythbusters **8.00** How Do They Do It? **8.30** How It's Made **9.00** The Truth Behind **10.00** I Shouldn't Be Alive **11.00** Trawler Wars **12.00m't** Bear Grylls: Born Survivor **1.00am** **SPORT** Swords: Life on the Line **2.00** Mark Williams on the Rails **3.00** Weaponology **3.50** Nasa's Greatest Missions **4.40** Days That Shook the World **5.30-6.00am** How Does That Work?

**BBC3 (115)**

**7.00pm** Doctor Who **8.30** The Real Hustle: Celebrity Scammers **9.00** Little Britain **9.30** The King Is Dead **10.00** EastEnders **10.30** Don't Tell the Bride **11.30** Family Guy **12.15am** Little Britain

**12.45** Him and Her **1.15** The King Is Dead **1.45** Are You Fitter Than a Pensioner? **2.45** The Real Hustle: Celebrity Scammers **3.15** Don't Tell the Bride **4.15-4.45am** Him and Her

**E4 (136)**

**7.00pm** Hollyoaks **7.30** Friends **9.00** How to Look Good Naked **10.00** **FILM** Me, Myself & Irene: Comedy starring Jim Carrey and Renée Zellweger. **12.20am** Scrubs **1.20** How to Look Good Naked **2.15** Reno 911! **2.40** What About Brian **4.00** Accidentally on Purpose **4.25-6.00am** Switched

**DAVE (111)**

**6.40pm** Have I Got News for You **7.20** QI **8.00** Top Gear **9.00** Have I Got News for You **9.40** QI XL **10.40** Mock the Week **11.20** Dave's One Night Stand **12.20am** Have I Got News for You **1.00** QI XL **1.55-3.00am** Never Mind the Buzzcocks

**MTV (350)**

**7.00pm** Randy Jackson's America's Best Dance Crew **8.00** Celebrity Bites **8.30** MTV Live **9.00** Gonzo **10.00** Coldplay: Storytellers **11.00** World Stage **12.00m't** South Park **1.00am** Jersey Shore **3.00-6.00am** All the Hits

**SYFY (129)**

**7.00pm** A Town Called Eureka **8.00** Warehouse 13 **9.00** Haven **10.00** **FILM** The Myth: Comedy adventure starring Jackie Chan. **12.30am** **FILM** Stir of Echoes: Psychological thriller starring Kevin Bacon. **2.30** 3rd Rock from the Sun **3.00** Mysterious Ways **4.00** Quantum Leap **5.00-6.00am** Smallville

**FX (164)**

**7.00pm** NCIS: Double-bill. **10.00** **MUST-SEE** Dexter **11.05** Burn Notice **12.05am** Farscape **1.05** Babylon 5 **2.05** ReGenesis **3.05-4.05am** Water Rats





6am

7pm

1am

**BBC ONE**

**6.00am** Breakfast **10.00** Saturday Kitchen Live **11.30** Nigella Kitchen (R) **12.00noon** BBC News, Regional News, Weather **12.15pm** **SPORT** Football Focus **1.00** Cash in the Attic (R) **1.55** Bargain Hunt (R) **2.45** **FILM** 101 Dalmatians: Live-action flick about a load of spotty dogs. **4.20** **SPORT** Final Score **5.15** BBC News, Regional News, Weather **5.30** Walk on the Wild Side **6.00** Strictly Come Dancing

**BBC TWO**

**6.00am** CBeebies **7.00** CBBC **12.00noon** BBC Switch: The Cut **12.25pm** The Cut **12.50** No Hats, No Trainers **1.15** Shelfstackers **1.40** The 5:19 Show **2.00** Single, Together, Whatever (R) **2.30** Coast **2.45** **FILM** On the Beat **4.25** **FILM** Press for Time: Comedy **6.05** Wonderland: The Secret Life of Norman Wisdom Aged 92 3/4 (R) **6.45** Hollywood Greats (R)

**itv 1**

**5.30am** ITV News **6.00** CITV **10.00** **FILM** Columbo: Murder Under Glass **11.30** This Morning: Saturday **12.30pm** News, Weather **12.35** Best Ever Worst Auditions (R) **1.35** **FILM** Looney Tunes: Back in Action **3.15** **FILM** From Russia with Love: James Bond adventure starring Sean Connery **5.20** Regional News, Weather **5.30** ITV News **5.45** All Star Family Fortunes **6.30** New You've Been Framed!

**4**

**6.15am** Planet Cook (R) **6.35** Yo Gabba Gabba (R) **7.00** World Sport **7.25** Freesports on 4 **7.55** Morning Line **8.50** T4: One Tree Hill (R) **9.50** Ugly Betty (R) **10.45** The Hollyoaks Music Show **11.15** Black Eyed Peas: Real Stories **12.20pm** The Social Network: T4 Movie Special **12.45** Scrubs (R) **1.15** That Paralympic Show **1.45** **LIVE** Channel 4 Racing **3.55** Come Dine with Me Extra Portions (R) **6.00** News **6.25** 4thought.tv **6.30** **FILM** Master and Commander: The Far Side of the World: Epic seafaring adventure.

**FIVE**

**6.00am** Milkshake! **10.00** Fifth Gear (R) **10.30** The Gadget Show (R) **11.30** Rory and Paddy's Even Greater British Adventure (R) **12.30pm** World's Most Extreme Airports (R) **2.00** **FILM** The Mirror Has Two Faces: Romantic comedy starring Barbra Streisand and Jeff Bridges. **4.30** **FILM** Kelly's Heroes: Second World War action comedy starring Clint Eastwood.

**7.45 Merlin**

Arthur is pressured to enter into an arranged marriage to a visiting princess.

**8.35 National Lottery Saturday Draws**

Ball-plucking fun.

**8.45 Casualty**

"Help, my mate's head's fallen off!" etc.

**9.35 BBC News, Weather**

**10.00 Michael McIntyre's Comedy Roadshow**

**MUST-SEE** With *Mighty Boosh* bloke Noel Fielding.

**10.30 Match of the Day**

**SPORT** Jug-eared crisp snaffler Gary Lineker presents action from Villa vs Chelsea and Man United vs West Brom. Sounds good to us.

**11.50 The Football League Show**

**SPORT** Goals from today's games in the lower leagues.

**7.30 Dad's Army**

The platoon almost get blown up. (R)

**8.00 Renaissance Revolution**

**NEW** Matthew Collings examines some really old painting.

**9.00 Have I Got a Bit More News for You**

Satirical current affairs quiz.

**9.45 QI XL**

Animal names that begin with the letter H. We know of a cat called Horace.

**10.30 The Rob Brydon Show**

With fun-sized comic Ronnie Corbett. (R)

**11.00 Genius**

Inventions include a stress-free way of dipping nachos. Superb! (R)

**11.30 Sweet Smell of Success**

**FILM** Black comedy drama with Burt Lancaster and Tony Curtis.

**7.00 Harry Hill's TV Burp**

**MUST-SEE** The funniest show about telly on telly.

**7.30 The X Factor**

**MUST-SEE** The second live studio round. And you know what that means. Yep, vaguely competent performances. Boo! Still fun, though.

**10.00 Piers Morgan's Life Stories: Russell Watson**

The classical singer reveals how he overcame two brain tumours.

**11.00 ITV News, Weather**

**11.15 An Audience with Celine Dion**

Mute the sound if you're interested in keeping your windows intact. (R)

**12.15am Dating the Enemy**

Another unlikely couple test their compatibility. (R)

**12.45 The Zone**

Shopping and interactive gaming.

**9.00 The Pillars of the Earth**

**NEW** Drama based on a book about the building of a cathedral in the mid-12th century. Doesn't sound amazing, but Ridley Scott's one of the producers, while Donald Sutherland and Ian McShane star.

**11.10 A Mighty Heart**

**PREMIERE** Gripping documentary-style drama based on the kidnapping and murder of a journalist by Islamic extremists in Pakistan in 2002.

**7.10 Five News**

**7.15 The Mentalist**

Jane contemplates his future with the team following his confrontation with pesky serial killer Red John. (R)

**8.05 NCIS**

A woman claims to have witnessed a murder, but a lack of evidence causes McGee to think she's telling porkies. (R)

**9.00 CSI: Crime Scene Investigation**

A rodeo star's death proves more complicated than it seems. (R)

**10.00 CSI: Crime Scene Investigation**

A bassist in a country music band is electrocuted mid-song. Ouch! (R)

**11.00 CSI: Miami**

Horatio investigates an arson attack. (R)

**11.55 Cops in Crisis**

Stressed-out bobbies talk about various hair-raising incidents. (R)

**12.10am SuperCasino**

Interactive gaming.

**1.15am** BBC News **5.45-7.00am** **LIVE** MotoGP: The Australian Grand Prix.

**1.05-3.05am** **FILM** In My Father's Den: Mystery drama with Matthew Macfadyen.

**2.45** Sons and Daughters: US sitcom. **3.10-5.30am** ITV Nightscreen

**1.10am** **FILM** Aa Ab Laut Chalen: Indian romantic musical. **4.20** Drifting (R) **4.35** The OC (R) **5.15-6.00am** Countdown (R)

**4.05** Fifth Gear (R) **4.30** House Doctor (R) **4.55** The Family Recipe (R) **5.00** Hana's Helpline (R) **5.10-6.00am** Milkshake!

REGIONAL VARIATIONS

**BBC2 SCOTLAND:** **6.30-8.00pm** The Culture Show: A Contemporary Art Special **9.40** QI XL **10.25** Wide Open Spaces **11.50** The Rob Brydon Show **12.20am** Genius with Dave Gorman **12.50-2.50am** **FILM** In My Father's Den: Mystery drama starring Matthew

Macfadyen and Emily Barclay. **STV:** **11.15pm** An Audience with Donny and Marie **12.15am** Brain Box **1.00** **FILM** TimeCop: The Berlin Decision: Sci-fi thriller sequel starring Jason Scott Lee and Thomas Ian Griffith. **2.30-5.30am** The Nightshift

**ULSTER:** **11.15pm** Comedy Classics: Doctor in the House **11.45** UTV Rewind **12.00m't** Brain Box **2.30am** **FILM** The Pianist: Holocaust drama starring Adrien Brody. **5.00-5.30am** ITV Nightscreen

## TODAY'S SPORT

**sky SPORTS 1**

**7.30am** **LIVE** Rugby Union: Wellington vs Taranaki, kick-off 7.35am. **9.30** **LIVE** Tennis: The first Shanghai Masters semi-final in, er, Shanghai. **11.30** Champions League Weekly (HD) **12.00noon** World Sport **12.30pm** Sailing **1.00** **LIVE** Rugby Union: Edinburgh vs Northampton, kick-off 1.30pm. (HD) **3.15** **LIVE** Rugby Union: Munster vs Toulon, kick-off 3.30pm. (HD) **5.30** **LIVE** Rugby Union: Saracens vs Leinster, kick-off 5.45pm. (HD) **8.30** **LIVE** Boxing: Sam Webb vs Martin Concepcion at the Troxy in London. (HD) **10.30** Tennis (HD) **12.30am** Champions League Weekly (HD) **1.00** Spanish Football (HD) **2.30** Boxing (HD) **4.30** Champions League Weekly (HD) **5.00** IEX Magazine **5.30-6.00am** Take It Like a Fan

**sky SPORTS 2**

**6.00am** Ringside (HD) **7.00** Take It Like a Fan **7.30** Football League Weekend (HD) **8.30** Champions League Weekly (HD) **9.00** Premier League Preview (HD) **9.30** Take It Like a Fan **10.00** Soccer AM **12.00noon** Take It Like a Fan **12.30pm** Urban Ride **1.00** **LIVE** Tennis: The seventh day of the Shanghai Masters in China, with the second singles semi-final. **3.00** NFL: America's Game **4.00** NFL: Total Access **5.00** Sky Sports Classics **5.15** **LIVE** Football: Middlesbrough vs Leeds, kick-off 5.20pm. (HD) **7.30** You're on Sky Sports! **8.25** Football First (HD) **4.15am** Spanish Football (HD) **5.45-6.00am** Sky Sports Classics

## ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

**FILM4 (315)**

**6.50pm** Star Trek III - The Search for Spock: Sci-fi sequel with William Shatner. **8.55** Star Trek Special **9.00** Star Trek IV: The Voyage Home: Sci-fi adventure sequel starring William Shatner. **11.20** Star Trek V: The Final Frontier: Sci-fi sequel starring William Shatner. **1.25am** **PREMIERE** Trekkies 2: Documentary about Star Trek fans. **3.20-3.30am** Star Trek Special

**COMEDY CENTRAL (126)**

**7.00pm** The King of Queens **8.00** Two and a Half Men **9.00** **FILM** Bad Boys II: Comedy thriller sequel starring Will Smith

**ESPN**

**4.45pm** **MUST-SEE** Premier League Football: Aston Villa vs Chelsea. **8.00** **MUST-SEE** UFC 120 **11.00** **LIVE** Major League Soccer **1.00am** Eredivisie **2.45** UFC **3.15** ESPN Kicks Extra **3.30-5.30am** **LIVE** Major League Soccer

and Martin Lawrence. **11.45** Lee Evans: Big - Live at the O2 **12.55am** Comedy Central at the Comedy Store **1.25** South Park **2.25** Two and a Half Men **3.25** Rules of Engagement **4.20** Everybody Loves Raymond **5.10-6.00am** Frasier

**DISCOVERY (520)**

**7.00pm** Bear Grylls: Born Survivor **8.00** How It's Made **9.00** Greatest Tank Battles **10.00** River Monsters **11.00** How the Universe Works **12.00m't** I Shouldn't Be Alive **1.00am** Bear Grylls: Born Survivor **5.30-6.00am** How Does That Work?

**BBC3 (115)**

**7.00pm** Great TV Mistakes **7.20** Top Gear: With goggle-eyed DJ Chris Evans. **8.25** 2010 World Cup's Most Shocking Moments **10.25** Special 1 TV **10.30** Live at the Apollo **11.15** Family Guy **12.00m't** American Dad! **12.45am** Lip Service **1.45** 2010 World Cup's Most Shocking

Moments **3.45** Special 1 TV **3.50** Lip Service **4.50-5.15am** Great TV Mistakes

**E4 (136)**

**7.00pm** The Big Bang Theory **7.30** How I Met Your Mother **7.55** Friends **9.00** **FILM** Die Hard: Brilliant action thriller starring Bruce Willis. **11.40** **FILM** Eraser: Action thriller starring Arnold Schwarzenegger. **1.55am** Reno 911! **2.20** How to Look Good Naked **3.20-6.00am** Hollyoaks

**DAVE (111)**

**7.00pm** The Gadget Show: Two shows. **8.00** Three Men in More Than One Boat **9.00** Men Behaving Badly: Double-bill. **2.15am** Never Mind the Buzzcocks **2.45-3.00am** **SPORT** Radical Highs

**MTV (350)**

**7.00pm** Celebrity Bites **7.30** On Set with Cheryl Cole **8.00** 16 and Pregnant **10.00** True Life **11.00** Celebrity Bites **11.30** On



sky1

**6.00am** Brainiac: Science Abuse (R)(HD)  
**7.00** Lion Man (R) **7.30** Lion Man (R) **8.00** Malcolm in the Middle (R)(HD) **9.00** Best of Oops TV (R) **10.00** **SPORT** Soccer AM  
**12.00noon** Oops TV (R) **1.00pm** Malcolm in the Middle (R)(HD) **2.00** Project Runway (R) **3.00** The Real A&E (R) (HD) **4.00** My Pet Shame (R)(HD) **5.00** Fat Families: Second Helpings (R)(HD) **6.00** Futurama (R) **6.30** The Simpsons (R)

## 7.00 The Simpsons

Homer gets a new job. (R)

## 7.30 The Simpsons

Maggie becomes obsessed with unlikely babysitter Moe. (R)

## 8.00 Obese at 16

A salad-dodging teenager attempts to lay off the pies for a while. (R)

## 9.00 The Mummy Returns

**FILM** Explorers Rick and Evelyn battle to save the world from the newly resurrected Imhotep. (HD)

## 11.30 Fringe

The team investigate when a box transforms people into a trance-like state before their death. We can only assume the box in question is a TV showing Renaissance Revolution on repeat. (R)(HD)

## 12.30am Classic Albums

The Band's self-titled debut album. (R)

**1.50** Teenage Wives **2.40** Ross Kemp in Search of Pirates **3.30** Road Wars (R) **4.20** Don't Forget the Lyrics (R) **5.10-6.00am** Are You Smarter Than a 10 Year Old?

Set with Cheryl Cole **12.00m**t Fabulous Life Of **1.00am** 40 Naughtiest Celebrity Scandals **3.00-6.00am** All the Hits

## SYFY (129)

**7.00pm** Haunted Homes **8.00** Fact or Faked: Paranormal Files **9.00** **FILM** The Myth: Comedy adventure starring Jackie Chan. **11.30** **FILM** The Butterfly Effect 2: Fantasy thriller sequel starring Eric Lively. **1.20am** **FILM** The Terminators: Sci-fi thriller. **3.00** Haunted Homes **4.00-6.00am** Thunderbirds

## FX (164)

**6.00pm** The Listener **8.00** American Dad! **9.00** Better Off Ted **10.00** Robot Chicken: A look at the Holy Grail. **10.15** Family Guy: Lois becomes a sex education teacher. **11.15** Metalocalypse **11.30** Family Guy **12.30am** The Venture Brothers **1.00** American Dad! **2.00** Family Guy **3.00-4.00am** Better Off Ted

## TODAY'S MUST-SEES

"What did you call my mum?"



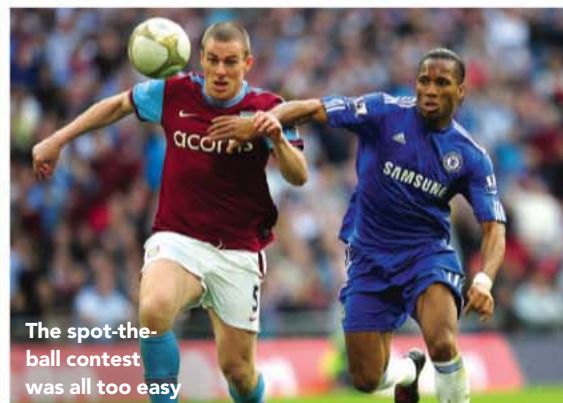
**PUNCH-UP!**

## UFC 120

ESPN, 8pm

**SPORT**

Those Ultimate Fighting tough guys are heading our way as they compete at London's O2 arena. The main event sees Michael Bisping (near left) take on Japan's Yoshihiro Akiyama, who's looking to tarnish Bisping's perfect 15-0 UK record. Also on the bill is Dan Hardy, who fights American Carlos Condit as he looks to bounce back from defeat in his last bout. Expect blood, sweat and tears! And check out our interview with Bisping and Hardy on page 46! ★★★★★



The spot-the-ball contest was all too easy

## Aston Villa vs Chelsea

ESPN, 4.45pm

**SPORT**

There should be goals galore here, after Chelsea gained revenge for their 2-1 away defeat last season by thumping Villa 7-1 at the Bridge and then 3-0 in the FA Cup semi-final. ★★★★★



Loose Women's new panel was its best ever

## The X Factor

ITV1, 7.30pm

**REALITY**

It's the second live studio round tonight, and we'd be surprised if Louis has any of his rubbish acts in the over-28 group left by the end of next week. On the plus side, there's always Cheryl to gawp at. She's a honey! ★★★



It was the yob teacher's favourite lesson

## Harry Hill's TV Burp

ITV1, 7pm

**COMEDY**

Our favourite slap-headed comedian takes a look back at the week's small-screen highlights. The great thing about this show is that as long as there's rubbish on the telly, it'll always be brilliant! ★★★★★



"Be honest - is my deodorant not working?"

## Michael McIntyre's Comedy Roadshow

BBC1, 10pm

**COMEDY**

He's squinty, he's hilarious and so are his guests, who include Buzzcocks' odd-but-funny dude, Noel Fielding! ★★★★★



6am

7pm

1am

BBC ONE

**7.00am** Breakfast **7.40** **SPORT** Match of the Day: Yesterday's action. (R) **9.00** The Andrew Marr Show **10.00** Sunday Morning Live **11.00** Country Tracks **12.00noon** Regional Programme **1.05pm** Escape to the Country (R) **2.05** EastEnders **4.05** Lifeline **4.15** Points of View **4.30** Songs of Praise **5.10** Lost Land of the Tiger (R) **6.10** BBC News, Regional News, Weather **6.30** Countryfile

**7.30** Strictly Come Dancing  
Oh, the excitement. It's the results show.  
**8.00** Antiques Roadshow  
Porcelain cats and the like are appraised.  
**9.00** Single Father  
Drama about a single dad.  
**10.00** BBC News, Weather

**10.25** The Apprentice  
A repeat from last week in which the candidates have to create a beach accessory and a promotional poster. And we all know how well that went! (R)  
**11.25** Spooks  
Three Chinese agents arrive in London. (R)  
**12.30am** Sign Zone: Mountain Gorilla  
Oldie silverback Titus faces his greatest challenge when he tries to care for a vulnerable orphan. Aaaaah! (R)

**1.30** Holby City (R) **2.25** Secret Britain (R) **3.25-6.00am** BBC News

BBC TWO

**6.00am** CBeebies **7.00** CBBC **10.00** Something for the Weekend **11.35** **FILM** Ride Lonesome: Western starring Randolph Scott. **12.45pm** **SPORT** MotoGP **2.00** **FILM** Nicholas and Alexandra: Historical drama. **5.00** **FILM** The World's Fastest Indian: Road movie starring Anthony Hopkins and Diane Ladd.

**7.00** Top Gear  
The bad-haired trio test-drive cars in Romania. Excellent! (R)  
**8.00** Dambusters Declassified  
Actor Martin Shaw takes to the skies to retrace the 1943 raid by 617 Squadron.  
**9.00** Dragons' Den: What Happened Next?  
It's Deborah Meaden's turn to visit the people she doled out cash to. We'd be scared if we were them.

**10.00** Match of the Day 2  
**SPORT** The day's leather-wellying between Everton and Liverpool and Blackpool vs Man City.

**11.00** Mock the Week  
Dara O Briain presents highlights and unseen footage from the show. (R)

**11.30** The Dam Busters  
**FILM** Fact-based Second World War drama with Michael Redgrave.

**1.30-6.00am** BBC News

itv 1

**5.30am** ITV News **6.00** CITV **9.25** The X Factor (R) **11.55** This Morning: Sunday **12.55pm** News **12.59** London Weather **1.00** Coronation Street **3.20** Midsomer Murders: Detective drama. (R) **4.55** Downton Abbey (R) **6.00** Regional News, Weather **6.15** ITV News **6.30** Harry Hill's TV Burp: Comic review of the week's TV. (R)

**7.00** The Cube  
Weirdy game show that takes place inside a rather large cube. Us neither.  
**8.00** The X Factor  
We're willing to bet Louis'll have no acts left by the end of tonight's show.

**9.00** Downton Abbey  
The fair arrives in the village.

**10.05** ITV News, Weather

**10.15** Whitechapel  
Chandler investigates another set of apparent copycat killings. (R)

**11.20** Piers Morgan's Life Stories: Russell Watson  
The classical singer talks to Piers about overcoming two brain tumours. (R)

**12.15am** Drama Trails

**1.10** The Zone **2.30** **SPORT** British Superbike Championship Highlights: From Oulton Park. **3.45** **SPORT** Motorsport UK **4.35-5.30am** ITV Nightscreen

4

**6.00am** Sali Mali (R) **6.05** Treacle People (R) **6.15** Planet Cook (R) **6.35** Yo Gabba Gabba (R) **7.00** **SPORT** British Formula Ford Championship **7.30** **SPORT** The Royal Parks Foundation Half Marathon **7.55** GT Academy **8.25** T4: Friends (R) **9.20** Hollyoaks **11.55** Taio Cruz at RockCorps 2010 **12.10pm** Ugly Betty **1.05** T4: The Simpsons (R) **2.05** Jamie's 30 Minute Meals (R) **4.45** Deal or No Deal **5.30** Time Team **6.30** News **6.55** 4thought.tv

**7.00** The Genius of British Art  
You just need to look at the cover of Nuts to understand true British art.  
**8.00** Undercover Boss USA  
The boss of convenience store 7-Eleven secretly meets his staff. Sneaky!

**9.00** The Secret Millionaire  
**NEW** Internet entrepreneur Chris Brown goes undercover to find a good cause to give some money to.

**10.00** Desperate Housewives  
**NEW** Lynette's old college friend arrives on Wisteria Lane.

**11.00** Seven Days  
Docu about people living or working in Notting Hill. It's about as painful as the film of the same name, but there are some hotties in this. (R)

**12.00m't** The Real Housewives of New Jersey  
**NEW** Take a look at that title. One for the missus, we reckon.

**1.00** **LIVE** American Football: Washington Redskins vs Indianapolis Colts. **4.45** **SPORT** The Royal Parks Foundation Half Marathon (R) **5.10-5.55am** Countdown

FIVE

**6.00am** Milkshake! **10.00** Shake!  
**11.10** How to Take Stunning Pictures (R)  
**11.40** Wild Animal ER (R) **12.05pm** Nature Shock: The Seal Ripper (R) **1.05** Cowboy Builders (R) **2.05** Eddie Stobart: Trucks and Trailers (R) **3.05** **FILM** Captain Horatio Hornblower: Seafaring adventure starring Gregory Peck. **5.20** **FILM** Daddy Day Camp: Family comedy sequel.

**7.00** Five News

**7.05** 50 First Dates  
**FILM** Romcom starring Adam Sandler as a bloke trying to score with Drew Barrymore. Do a deal. Let your girlfriend watch this, and get her to let you watch Superbad stright after!

**9.00** Superbad  
**MUST-SEE** If you've been living under a rock, you may have missed this absolutely brilliant comedy. It's about two high school friends on a quest to buy booze and have sex. Sounds pretty much like us then!

**11.20** Tomcats  
**FILM** Comedy starring Jerry O'Connell and Shannon Elizabeth. A young man schemes to marry off one of his friends in order to win a bet.

**1.10am** SuperCasino **4.05** House Doctor (R) **4.55** The Family Recipe: With Italian chef Antonio Carluccio. (R) **5.00** Hana's Helpline (R) **5.10-6.00am** Milkshake!

REGIONAL VARIATIONS

**BBC1 NORTHERN IRELAND:** **10.25pm** The Politics Show **10.45** The Apprentice **11.45** Damages **12.30am** BBC News **1.00-1.30am** Sign Zone: Gears and Tears **BBC1 WALES:** **6.30-7.30pm** The Making of Snowdonia **8.00-9.00pm** Countryfile

**BBC2 SCOTLAND:** **11.00-11.30pm** SNP Party Conference **STV:** **9.00-10.00pm** Taggart **10.15** DCI Banks: Aftermath **11.15** Total Emergency **12.15am** Brain Box **1.00** **FILM** Charade: Romantic comedy thriller starring Cary Grant. **3.00-5.30am** The

Nightshift **ULSTER:** **7.00-8.00pm** Lesser Spotted Ulster **11.20** Doctor in Charge **11.50** UTV Rewind **12.00m't** Brain Box **2.30-3.45am** **SPORT** British Superbike Championship Highlights

## TODAY'S SPORT

sky SPORTS 1

**6.00am** Aerobics  
**6.30** Football First: This is what we want to see - wall-to-wall footy from now until the end of the day! Brilliant! (HD)  
**9.30** The Sunday Supplement: A look at the latest football stories.  
**11.00** Goals on Sunday: A review of yesterday's action with Kammy. (HD)  
**1.00pm** **MUST-SEE** Football: Everton vs Liverpool, kick-off 1.30pm. (HD)  
**3.30** **LIVE** Football: Blackpool vs Manchester City, kick-off 4pm. (HD)  
**6.30** **LIVE** Spanish Football: Two top games from La Liga.  
**10.00** Football: Everton vs Liverpool and Blackpool vs Man City. (HD)  
**11.30** Football (HD)  
**12.00m't** Spanish Football (HD)  
**2.00am** Football (HD)  
**3.30** Football (HD)  
**4.00-6.00am** Spanish Football (HD)

sky SPORTS 2

**6.00am** IEX Magazine  
**6.30** IAAF Athletix Weekly  
**7.00** Boxing (HD)  
**9.00** IAAF Athletix Weekly  
**9.30** **LIVE** Tennis: The Shanghai Masters singles final from China.  
**12.00noon** IEX Magazine  
**12.30pm** **LIVE** Rugby Union: Wasps vs Glasgow Warriors, kick-off 1pm.  
**2.45** **LIVE** Rugby Union: Leicester Tigers vs Scarlets, kick-off 3pm.  
**5.30** **LIVE** Rugby Union: Leeds Carnegie vs Stade Français, kick-off 5.45pm.  
**7.30** Tennis  
**9.30** Rugby Union  
**9.30** This Week In WWE  
**10.00** WWE: Late Night - Afterburn  
**11.00** WWE: Vintage Collection  
**12.00m't** Rugby Union  
**12.30am** Tennis (HD)  
**2.30-3.00am** Seamaster Sailing

## ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

**FILM4 (315)**  
**6.40pm** Star Trek: First Contact: Sci-fi adventure starring Patrick Stewart.  
**8.50** Star Trek Special **9.00** Star Trek: Insurrection: Sci-fi adventure sequel.  
**11.05** Star Trek: Nemesis: Sci-fi adventure. **1.15am** La Antena: Fantasy thriller starring Alejandro Urdapilleta.  
**3.20-3.30am** Star Trek Special

**COMEDY CENTRAL (126)**  
**9.00am** Two and a Half Men **7.30pm** Mike & Molly **8.00** Two and a Half Men **9.00** Live at the Apollo **10.00** **MUST-SEE** South Park **11.00** Live at the Apollo: With

**ESPN** **6.30pm** Serie A Football **7.45** **LIVE** Serie A Football: Bari vs Lazio. **9.45** Kicks Extra **10.00** UFC **1.00am** Press Pass 2010 **1.30** Superleague Formula **2.00** **LIVE** NHL Ice Hockey **4.30-5.30am** NHRA Drag Racing

Rob Brydon and Sarah Millican. **12.00m't** Two and a Half Men **1.00am** South Park **2.00** Grouchy Young Men **2.30** Comedy Central at the Comedy Store **3.00** Two and a Half Men **3.30** The King of Queens **4.00** Shortcuts Shuffle **4.20** Everybody Loves Raymond **5.10-6.00am** Frasier

**DISCOVERY (520)**  
**7.00pm** How Do They Do It?: Denim fabric. **8.00** How It's Made **9.00** Trawler Wars **10.00** Bear Grylls: Born Survivor **11.00** Science of Interrogation **12.00m't** Is It Possible? **1.00am** Mythbusters **5.30-6.00am** How Does That Work?

**BBC3 (115)**  
**7.00pm** Are You Fitter Than a Pensioner? **8.00** The World's Strictest Parents **9.00** Gavin & Stacey **9.30** Him and Her **10.00** American Dad! **10.45** Family Guy **11.30** Gavin & Stacey **12.00m't** Him and Her **12.30am** The King Is Dead **1.00** The

World's Strictest Parents **2.00** Ideal **4.00** The King Is Dead **4.30-5.30am** Are You Fitter Than a Pensioner?

**E4 (136)**  
**7.00pm** Life Unexpected **7.55** Friends **9.00** **FILM** Sahara: Adventure starring Matthew McConaughey. **11.25** Russell Brand: Scandalous **12.30am** Skins **2.25** Wife Swap USA **3.20-6.00am** Hollyoaks

**DAVE (111)**  
**7.00pm** Stephen Fry in America **8.20** I'm Alan Partridge **9.00** Live at the Apollo **10.00** Dave's One Night Stand **11.00** QI: With Jeremy Clarkson and Rich Hall. **11.40** Live at the Apollo **12.40am** I'm Alan Partridge **1.20** QI **2.00** Never Mind the Buzzcocks **2.30-3.00am** Speeders

**MTV (350)**  
**7.00pm** America's Best Dance Crew **8.00** 16 and Pregnant **9.00** Jersey Shore



sky1

**6.00am** Hour of Power (HD) **7.00** Lion Man (R) **8.00** It's Me or the Dog USA (R) (HD) **9.00** Customs UK (R)(HD) **10.00** **SPORT** WWE Superstars (R) **11.00** **SPORT** WWE: Experience (R) **12.00noon** Futurama (R) **1.00pm** The Real A&E (R) (HD) **1.30** The Little Couple (R) **2.00** Real Filth Fighters (R)(HD) **2.30** Emergency Animal Rescue (R)(HD) **3.00** Fat Families (R)(HD) **4.00** Futurama (R) **5.00** The Simpsons (R) **5.30** The Simpsons (R)(HD) **6.30** The Middle (HD)

### 7.00 The Simpsons

A Hollywood star becomes infatuated with Ned Flanders. (R)

### 7.30 The Simpsons

Anne Hathaway takes up temporary residence in Springfield. (R)(HD)

### 8.00 The Simpsons

A new neighbour moves in, but Bart's convinced he's Sideshow Bob. (R)(HD)

### 8.30 Modern Family

An earthquake hits. (R)(HD)

### 9.00 Thorne: Sleepyhead

**MUST-SEE** Tughan dismisses Thorne's theory. We reckon he'll end up regretting that. (HD)

### 10.00 House

**MUST-SEE** House is on the case of a children's author who's been trying to top herself. (HD)

### 11.00 An Idiot Abroad

This time it's Mexican culture. (R)(HD)

### 12.00m't Inside:

### The Prison Code

Wardens in a California prison. (R)

**1.00** Law & Order **1.50** Ross Kemp **2.40** Road Wars **3.30** Family Court **4.20** Don't Forget the Lyrics **5.10-6.00am** Are You Smarter Than a 10 Year Old?

**10.00** Hard Times of RJ Berger **10.30** Valemont **11.00** South Park **12.00m't** The Hard Times of RJ Berger **1.00am** Jersey Shore **2.00** The Hard Times of RJ Berger **3.00-6.00am** All the Hits

### SYFY (129)

**7.00pm** Warehouse 13 **8.00** Haven **9.00** **FILM** Jurassic Park III: Action adventure sequel starring Sam Neill. **10.50** **FILM** Raging Sharks: Sci-fi horror starring Corin Nemec. **12.40am** **FILM** AVH: Alien vs Hunter: Sci-fi thriller starring William Katt. **2.20** 3rd Rock from the Sun: Comedy. **3.00** Painkiller Jane **4.00-6.00am** Thunderbirds

### FX (164)

**7.00pm** NCIS **10.00** Dexter **11.05** Life **12.05am** Burn Notice **1.05** To Catch a Predator **2.05** Cops: Real-life footage. **3.05** Robot Chicken **3.20** Metalocalypse **3.35-4.05am** The Venture Brothers

## TODAY'S MUST-SEES

The Elbow Wars final was really hotting up



**MASSIVE DERBY!**

## Everton vs Liverpool

Sky Sports 1/HD, 1pm

**SPORT** Billed as the most important Merseyside derby ever, the red and blue halves of Liverpool see this as a proverbial six-pointer. Roy Hodgson's men sit in the bottom three while Everton perch just one place above them, so it's more than just bragging rights at stake – it could be Premier League survival come the end of the season. History suggests the Reds hold the edge, having won 70 meetings to the Toffees' 56 but judging by the haunted look on Roy Hodgson's face, it truly is anyone's game. ★★★★★



## Superbad

Five, 9pm

**FILM** Hilarious, choke-on-your-popcorn comedy with Jonah Hill and geeky Michael Cera as two losers desperate to shed their V-plates before the end of high school. With their friend Mclovin and some illicit booze, they might just make it... ★★★★★



## House

Sky1/HD, 10pm

**DRAMA** An author suffers a seizure that prevents her from topping herself, leaving House scouring her most recent book for clues as to her ailments. Likely to make for really light reading then? Ace, as ever. ★★★★★



## Thorne: Sleepyhead

Sky1/HD, 9pm

**DRAMA** In part two of the moody crime saga, DI Thorne (David Morrissey) is forced to work alone when Tughan dismisses his theory about the serial killer's intentions. The swine! ★★★★★



## South Park

Comedy Central, 10pm

**COMEDY** Brand-new brilliantly foul-mouthed shenanigans from our favourite two-dimensional kiddies. No word on who or what will be in the firing line this week, but don't expect any punches to be pulled. Just how we like it! ★★★★★



6am

7pm

1am

**BBC ONE**

**6.00am** Breakfast **9.15** Heir Hunters (R)  
**10.00** Homes Under the Hammer **11.00**  
Cowboy Trap **11.45** Cash in the Attic (R)  
**12.15pm** Bargain Hunt (R) **1.00** BBC  
News, Weather **1.30** Regional News,  
Weather **1.45** Doctors **2.15** Diagnosis  
Murder (R) **3.00** BBC News, Weather,  
Regional News **3.05** CBBC **5.15** Weakest  
Link **6.00** BBC News, Weather **6.30**  
Regional News Programmes, Weather

**7.00 The One Show**

**7.30 Inside Out**

**NEW** Regional documentary  
programme. Pass.

**8.00 EastEnders**

Billy heads to R&R to drown his sorrows.  
We'd do the same if forced to watch this.

**8.30 Panorama**

The US president's life is under threat on  
a visit to the UK. Typical. He only pops over  
for some fish and chips, and this happens.

**10.00 BBC News, Weather**

**10.35 Ask Rhod Gilbert**

**MUST-SEE** Rhod's guests include  
Russell Kane, Connie  
Fisher and oddly, chef James Martin.

**11.15 Damages**

Tom and Ellen suspect Patty is trying to  
control them. (R)

**12.00m't Damages**

Patty tries to contain the damager. (R)

**12.45am Sign Zone:**

**The Apprentice**

It's the beach accessory task. (R)

**1.45** The Great British Bake Off: *Cooking  
contest*. (R) **2.45** Out of the Frying Pan (R)  
**3.45-6.00am** BBC News

**BBC TWO**

**6.00am** CBeebies **7.00** CBBC **8.30**  
Cbeebies **11.30** Animal Park (R)  
**12.00noon** Daily Politics **12.30pm** GMT  
with George Alagiah **1.00** Due South (R)  
**1.45** Film 2010 with Claudia Winkleman  
(R) **2.15** Instant Restaurant (R) **3.00** Put  
Your Money Where Your Mouth Is (R)  
**3.45** Flog It! **4.30** Pointless **5.15** Escape  
to the Country (R) **6.00** Eggheads **6.30**  
Strictly Come Dancing - It Takes Two

**7.00 Michael Wood's  
Story of England**

The construction of a Norman castle  
in 1066. Anyone else feeling sleepy?

**8.00 University Challenge**

It's a super-nerd face-off!

**8.30 MasterChef:  
The Professionals**

More pan-flipping poop.

**9.00 Horizon:  
Is Seeing Believing?**

Docu looking at research carried out by  
scientists into the human senses.

**10.00 Genius**

**MUST-SEE** Comedians Chris  
Addison and Mel  
Giedroyc join nice bloke Dave Gorman  
to discuss weird and wacky inventions.

**10.30 Newsnight**

**11.20 Dambusters Declassified**  
Actor Martin Shaw explores the 1943 raid  
by 617 Squadron. (R)

**4.00-6.00am** BBC Learning Zone

**itv 1**

**5.30am** ITV News **6.00** Daybreak **8.30**  
Lorraine **9.25** The Jeremy Kyle Show (R)  
**10.30** This Morning **12.30pm** Loose  
Women **1.30** ITV News **1.55** Regional  
News, Weather **2.00** 60 Minute Makeover  
**3.00** Dickinson's Real Deal **4.00**  
Midsomer Murders: *Detective drama*. (R)  
**5.00** The Alan Titchmarsh Show **6.00**  
Regional News, Weather **6.30** ITV News

**7.00 Emmerdale**

Welly-wearing wubbish, er, rubbish.

**7.30 Coronation Street**

Claire's mother invites the Peacocks to  
move to France with her. Go! Go! Go!

**8.00 Wild Britain  
with Ray Mears**

The survival expert explores the coastal  
landscape of north Norfolk. Riveting.

**8.30 Coronation Street**

David is taken to the police station for  
questioning. Lock him up!

**9.00 Whitechapel**

Chandler and Miles continue their efforts  
to track down the killer. Good luck.

**10.00 ITV News, Weather**

**10.35 Real Crime with  
Mark Austin: Gunn Law**

**11.35 Greatest Cities of the  
World with Griff Rhys Jones**

Sydney and its people. (R)

**12.30am The Zone**

**2.30** **SPORT** UEFA Champions League  
Weekly **3.00** The Jeremy Kyle Show (R)  
**3.50-5.30am** ITV Nightscreen

**4**

**6.00am** The Treacle People (R) **6.10**  
Planet Cook (R) **6.35** Yo Gabba Gabba (R)  
**7.00** Freshly Squeezed **7.25** Everybody  
Loves Raymond (R) **8.20** Frasier (R) **8.55**  
Friends (R) **9.25** Coach Trip (R) **12.00noon**  
Channel 4 News Summary **12.05pm**  
River Cottage Bites **12.15** A Place in  
the Sun (R) **1.15** **FILM** The Story of Robin  
Hood and His Merrie Men **2.55** Wogan's  
Perfect Recall **3.25** Countdown **4.10**  
Deal or No Deal **5.00** Come Dine with Me  
**5.30** Jamie's 30 Minute Meals **6.00** The  
Simpsons (R) **6.30** Hollyoaks

**7.00 News**

**7.55 4thought.tv**

**8.00 Dispatches: How the  
Rich Beat the Taxman**

How the wealthy protect their moolah.

**9.00 Titanic: The Mission**

They're still banging on about that ship  
that sank donkey's years ago.

**10.00 Jamie's American  
Food Revolution**

You can lead a horse to water but you can't  
make it drink, just as you can offer an  
American a salad, but you make him eat it.

**11.00 3 Minute Wonder:  
The Jarman Award (R)**

**11.05 Ramsay's Best  
Restaurant (R)**

**12.10am On Track**

**12.30 Music on 4:  
Hot Chip at Bestival 2010**

**12.45 Premier League Poker**  
Qualifiers battle for a place  
in the Premier League.

**1.40** **PREMIERE** Mughal-E-Azam: *Indian  
epic with Dilip Kumar*. **4.40** Dispatches:  
Tabloids, Tories and Telephone Hacking  
(R) **5.30-6.15am** ER (R)

**FIVE**

**6.00am** Milkshake! **9.15** The Wright Stuff  
**10.45** Trisha Goddard (R) **11.40** House (R)  
**12.35pm** Five News **12.40** Meals in  
Moments (R) **12.50** Police Interceptors:  
Special Edition **1.45** Neighbours **2.15**  
Home and Away **2.50** I Own Britain's Best  
Home: Flying Visit (R) **3.05** **FILM** Survival  
on the Mountain: *True-story adventure  
starring Markie Post*. **5.00** Five News,  
Weather **5.30** Neighbours (R) **6.00** Home  
and Away (R) **6.25** Live from Studio Five

**7.00 Five News at 7**

**7.30 How Do They Do It?**

Robert Llewellyn learns how produce is  
transported across America.

**8.00 The Gadget Show**

Technology bargains on the high street.

**9.00 Rory and Paddy's Even  
Greater British Adventure**

Tonight's adventures include tree-  
climbing, sheep-shearing and the World  
Hen Racing Championships. OK then.

**10.00 Tightrape**

**FILM** Crime thriller starring Clint  
Eastwood as a detective.

**12.20am The Gadget Show**

A repeat from earlier on this evening. (R)

**1.15** SuperCasino: *Gambling*. **4.05**  
House Doctor **4.30** Great Scientists (R)  
**4.55** Rough Guide to Adventures (R)  
**5.10** Michaela's Wild Challenge (R)

REGIONAL  
VARIATIONS

**BBC1 SCOTLAND: 7.30-8.00pm** Addicts: No  
Children Allowed **11.15-12.00m't** **SPORT** Sportscene  
**BBC1 NORTHERN IRELAND: 7.30-8.00pm** In  
Your Corner **10.35** High Life **11.05** Lifeline from  
Northern Ireland **11.15** Ask Rhod Gilbert **11.50**

**Damages 12.35-12.45am** Where Music Matters  
**BBC1 WALES: 7.30-8.00pm** **NEW** Snowdonia 1890  
**10.35** X-Ray **11.05** Damages **11.50** Damages  
**12.30-12.45am** BBC News **BBC2 SCOTLAND:**  
**11.00-11.20pm** Newsnight Scotland, Weather

**BBC2 NORTHERN IRELAND: 10.00pm** Seacht  
**10.25-10.30** Seinn Lìom **11.20** Stormont Today  
**11.50** Genius with Dave Gorman **12.20am**  
Dambusters Declassified **1.20-3.45am** BBC News  
**STV: 10.40pm** Dating the Enemy **11.10** Oran na

Mna **11.45** A Reir na h-Aimsir **12.15am** Brain Box  
**1.00** Nightwatch with Steve Scott: Crime **2.00-2.30**  
The Nightshift **3.00-5.30am** The Nightshift  
**ULSTER: 7.59-8.00pm** UTV Live Update **8.59-9.00**  
UTV Live Update **11.00** **NEW** Surgery School

## TODAY'S SPORT

**sky SPORTS 1**

**6.00am** Good Morning Sports Fans (HD)  
**9.00** Football (HD)  
**10.30** Football (HD)  
**11.00** Spanish Football (HD)  
**12.30pm** Champions League Weekly:  
*A preview of upcoming fixtures*. (HD)  
**1.00** Football (HD)  
**2.30** Football (HD)  
**3.00** Spanish Football (HD)  
**5.00** Champions League Weekly (HD)  
**5.30** Soccer AM: The Best Bits  
**6.30** Netbusters  
**7.00** **MUST-SEE** Football: *Blackburn vs  
Sunderland, kick-off 8pm*. (HD)  
**10.30** Netbusters  
**11.00** A League of Their Own (HD)  
**11.30** SPL Round-Up (HD)  
**12.00m't** Soccer AM: The Best Bits  
**1.00am** Football (HD)  
**3.00** Sports Unlimited **4.00** Watersports  
World **5.00-6.00am** Max Power

**sky SPORTS 2**

**6.00am** Urban Ride **6.30** WWE: Bottom  
Line (HD) **7.30** Boxing (HD) **9.30** Golf:  
*Ball-smacking*. (HD) **12.30pm** Golf (HD)  
**2.00** Urban Ride  
**2.30** Seamaster Sailing  
**3.00** Rugby Union (HD)  
**3.30** Boxing (HD)  
**5.30** Rugby Union (HD)  
**6.00** Urban Ride  
**6.30** Angling  
**7.00** Motorsport (HD)  
**8.00** Boots 'n' All  
**9.00** Urban Ride  
**9.30** Angling  
**10.00** Motorsport (HD)  
**11.00** Boots 'n' All  
**12.00m't** Angling  
**12.30am** Show Jumping  
**1.30** Golf  
**3.30** Golf  
**4.30-6.00am** Wonderful World of Golf

## ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

**FILM4 (315)**  
**4.50pm** Warlock **7.10** Hot Shots! **9.00**  
One Flew Over the Cuckoo's Nest **11.35**  
Terminal Velocity **1.35am** Taxidermia  
**3.25-3.35am** The Social Network Special

**COMEDY CENTRAL (126)**  
**7.00pm** The King of Queens **8.00** Scrubs  
**9.00** Two and a Half Men **9.30** Mike &  
Molly **10.00** Sex and the City **10.35** Live  
at the Apollo: *Laughs with Rob Brydon*.  
**11.35** Sex and the City **12.10am** Michael  
McIntyre at the Comedy Store **12.40**  
Two and a Half Men **1.40** South Park  
**2.40** Grouchy Young Men **3.10** Scrubs

**ESPN** **6.30pm** Talk of  
the Terrace **8.00**  
DTM Racing **10.00**  
Between the Lines **10.30** Talk of the  
Terrace **12.00m't** NFL: Monday Night  
Countdown **1.30am** **LIVE** American  
Football **4.30-5.00am** Press Pass 2010

**4.05** Shortcuts Shuffle **4.20** The King of  
Queens **5.10-6.00am** Frasier

**DISCOVERY (520)**

**6.00pm** Mythbusters **8.00** How Do  
They Do It? **8.30** How It's Made **9.00**  
Mythbusters **10.00** The Truth Behind the  
Moon Landings **11.00** Concorde's Last  
Flight **12.30am** Massive Speed **1.00**  
Swords **2.00** Industrial Revelations  
**3.00** Weaponology **3.50** Nasa's Greatest  
Missions **4.40** Days That Shook the World  
**5.30-6.00am** How Does That Work?

**BBC3 (115)**

**7.00pm** Merlin **7.45** Doctor Who **8.30**  
The Real Hustle on Holiday **9.00** The  
World's Strictest Parents **10.00**  
EastEnders **10.30** Britain's Really  
Disgusting Drinks **11.30** Family Guy  
**12.15am** The World's Strictest Parents  
**1.10** Five Really Disgusting Foods **2.10**  
Britain's Really Disgusting Drinks **3.10**

Sex Trafficking in Cambodia - Stacey  
Dooley Investigates **4.10-5.10am** Kids  
with Guns - Stacey Dooley Investigates

**E4 (136)**

**7.00pm** Hollyoaks **7.30** Friends **9.00**  
One Tree Hill **10.00** **MUST-SEE** The  
Inbetweeners **10.35** School of Comedy  
**11.05** PhoneShop **11.40** Facejacker  
**12.10am** A Shot at Love **1.05** Scrubs  
**1.55** Facejacker **2.25** A Shot at Love  
**3.05** What About Brian **3.45** Reno 911!  
**4.10** Switched **4.30** Accidentally on  
Purpose **4.50-6.00am** Switched

**DAVE (111)**

**7.00pm** The Gadget Show **8.00** Top Gear  
**9.00** Harry and Paul **9.40** Armstrong &  
Miller **10.20** Peep Show **10.55** One  
Night Stand **12.00m't** Harry and Paul  
**12.40am** Armstrong & Miller **1.15** Peep  
Show **1.50** Buzzcocks **2.20** And Then You  
Die **2.45-3.00am** Radical Highs



18 OCTOBER

MONDAY

FULL 7  
DAY TV  
GUIDE!

sky1

6.00am The Biggest Loser US (R) 7.00  
Brainiac: Science Abuse (R)(HD) 8.00  
Oops TV (R) 9.00 Zoo Vet at Large (R) 9.30  
Zoo Vet at Large (R) 10.00 Bones (R)(HD)  
11.00 Super Nurses 11.30 The Secret  
Guide to Women's Health (R) 12.00noon  
The Biggest Loser US 1.00pm Project  
Runway (R) 2.00 Bones (R)(HD) 3.00  
Stargate Atlantis (R)(HD) 4.00 Stargate  
Atlantis (R)(HD) 5.00 Malcolm in the  
Middle (R)(HD) 5.30 Futurama (R)  
6.00 Oops TV (R) 6.30 The Simpsons (R)

**7.00 The Simpsons**

Homer manages to become the owner of  
the power plant. (R)

**7.30 The Middle**

Sue has a confrontation with the boys  
next door. (HD)

**8.00 Best of Oops TV**

JLC does his friendly voice-over jobby as  
more people trip over. (HD)

**9.00 The Girl Who Never Ate**

Docu following the story of a seven-year-  
old girl with a rare disorder. (R)

**10.00 NCIS: Los Angeles**

The murder of a Marine with top-level  
security clearance. (HD)

**11.00 Law & Order**

Lupo and Bernard investigate the brutal  
murder of a TV reporter. (HD)

**12.00m't Extreme  
Filth Fighters**

Not just any old filth fighters, you know.

**12.30am Extreme  
Filth Fighters**

See above!

1.00 Road Wars (R) 1.50 Road Wars (R)  
2.40 Street Wars (R) 3.30 Lost (R)(HD)  
4.20 Lost (R)(HD) 5.10-6.00am Are You  
Smarter Than a 10 Year Old? (R)(HD)

12.00m't-2.30am Brain Box **ITV1**  
**WALES: 8.00-8.30pm** The Ferret  
11.35 Wild Britain with Ray Mears  
12.05-12.30am I Was There

**MTV (350)**

7.00pm Teen Mom 8.00 Celebrity Bites  
8.30 MTV at the Movies 9.00 RJ Berger  
10.00 Jersey Shore: Reality show. 11.00  
Scream Queens 12.00m't South Park  
1.00am Sanchez Get High: 2.00 South  
Park 3.00-6.00am All the Hits

**SYFY (129)**

7.00pm Buffy the Vampire Slayer 8.00  
Fact Checkers Unit 8.10 **FILM** Jurassic  
Park III: More dinosaurs vs man. Sam  
Neill and Tea Leoni star. 10.00 Haven  
11.00 Warehouse 13 12.00m't  
**FILM** Submerged 1.50am Thunderbirds  
3.00 Mysterious Ways 4.00 Quantum  
Leap 5.00-6.00am Smallville

**FX (164)**

7.00pm NCIS 9.00 Family Guy 10.00 To  
Catch a Predator 11.00 Dexter 12.05am  
Farscape 1.05 Babylon 5 2.05  
ReGenesis 3.05-4.05am Water Rats

## TODAY'S MUST-SEES



LAST EVER!

"Yes! The new TK Maxx  
catalogue is out!"

## The Inbetweeners

E4, 10pm

**COMEDY**

Brace yourself gents, for this will hurt. This is the final *Inbetweeners* episode ever. No more clunge. No more bus w\*nkers. No more of Jay's ridiculous lies or Neil's robot dancing. Luckily, the final episode is an absolute classic! Will decides to organise one last trip for the gang before they go their separate ways, and for some reason decides that camping would be fun. However, things don't go exactly to plan, as you'd expect. Goodbye then, *Inbetweeners*. You have been truly great. We'll see you when the film comes out! ★★★★★



The Blackburn  
defence formed a  
guard of honour

Blackburn Rovers vs  
Sunderland

Sky Sports 1/HD, 7pm

**SPORT**

OK, so the purists won't be licking their  
lips, but this is always an encounter full  
of passion. Can Darren Bent maintain his form? ★★★★★

"No idea where your  
curtains went. Sorry"



## Ask Rhod Gilbert

BBC1, 10.35pm

**COMEDY**

The Welsh funnyman answers  
burning questions with the help of  
comedian Lloyd Langford and Mr Gilbert from *The  
Inbetweeners*, who join Rhod on the panel to lend  
their thoughts and opinions. Very funny! ★★★



## Genius

BBC2, 10pm

**COMEDY**

Chris Addison and Mel Giedroyc join  
Dave Gorman to laugh at more bonkers  
brainwaves, including a device for fixing wedgies and  
a machine that can simulate a handshake. One of  
these may be useful, the other probably isn't. ★★★

Nuts PROMOTION

Win all these games!



VOTE NOW! NUTS.CO.UK/  
GOLDENJOYSTICKS





6am

7pm

1am

**BBC ONE**

**6.00am** Breakfast **9.15** Heir Hunters (R) **10.00** Homes Under the Hammer **11.00** Cowboy Trap **11.45** Cash in the Attic (R) **12.15pm** Bargain Hunt (R) **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Diagnosis Murder (R) **3.00** BBC News, Weather, Regional News **3.05** CBBC **5.15** Weakest Link **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

**7.00 The One Show**  
Topical chit-chat.

**7.30 EastEnders**  
Stacey, Janine, Kat, Kim and Pat share a police cell. Where did we put the grenade?

**8.00 Holby City**  
**NEW** New series? The previous one only finished last week!

**9.00 Traffic Cops**  
Police chase a reckless driver through the backstreets of Swansea. (R)

**10.00 BBC News, Weather**  
**10.35 Tormented Lives**  
Stories of attacks on disabled people.

**11.25 Taken in Broad Daylight**  
**FILM** Fact-based crime thriller starring James Van Der Beek.

**12.50am Sign Zone: See Hear**  
Potential cures for deafness. (R)

**1.20** Natural World (R) **2.10** E Numbers: An Edible Adventure (R) **3.10** Who Do You Think You Are? (R) **4.10-6.00am** BBC News

**BBC TWO**

**6.00am** CBeebies **7.00** CBBC **8.30** CBeebies **11.30** Animal Park (R) **12.00noon** Daily Politics **12.30pm** GMT with George Alagiah **1.00** Due South (R) **1.45** Lifeline (R) **1.55** Coast (R) **2.15** Instant Restaurant (R) **3.00** Put Your Money Where Your Mouth Is (R) **3.45** Flog It! (R) **4.30** Pointless **5.15** Escape to the Country (R) **6.00** Eggheads **6.30** Strictly Come Dancing - It Takes Two

**7.00 Coast**  
Dullest. Show. Ever. (R)

**8.00 MasterChef: The Professionals**  
Water-burning competition.

**9.00 Whites**  
Comedy drama with frizzy-haired Alan Davies. A health and safety inspector visits the White House restaurant.

**9.30 Harry & Paul**  
**MUST-SEE** Sketches include Jonathan Ross' stint as the host of Northern Relief Night and killer pranks with drunken old Gerald.

**10.00 Later Live - with Jools Holland**  
With Gaslight Anthem and Duffy.

**10.30 Newsnight**

**11.20 Wonders of the Solar System**  
The building blocks of life. Whatever they're supposed to be. (R)

**3.15** Close **4.00-6.00am** BBC Learning Zone: *Learning? At this time? Forget it!*

**itv 1**

**5.30am** ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News **1.55** Regional News **2.00** 60 Minute Makeover **3.00** Dickinson's Real Deal: *From Oldham*. **4.00** Midsomer Murders (R) **5.00** The Alan Titchmarsh Show **6.00** Regional News, Weather **6.30** ITV News

**7.00 Emmerdale**  
Maisie spitefully informs Natasha and Nathan she's staying at Faye's. Marvellous really, considering Maisie is a cow.

**7.30 Grimefighters**  
Various nasties tackled. (R)

**8.00 Fiddles, Cheats & Scams**  
**NEW** The work of conmen, including a lorry driver who tried to sell The Ritz. The big loon!

**9.00 71 Degrees North**  
The remaining five celebrities reach reindeer country and the coldest region they have endured so far.

**10.00 ITV News, Weather**

**10.35 Homes from Hell**  
British victims of the slump in the Dubai property market. (R)

**11.35 Swingtown**  
Tom and Trina's relationship hits rock bottom as his infidelity comes to light.

**12.30am The Zone**

**2.30** The Rockford Files (R) **3.25** The Jeremy Kyle Show: *Shouty "discussions"*. (R) **4.20-5.30am** ITV Nightscreen

**4**

**6.15am** Planet Cook (R) **6.35** Yo Gabba Gabba (R) **7.00** Freshly Squeezed **7.25** Everybody Loves Raymond (R) **8.20** Frasier (R) **8.50** Friends (R) **9.20** Coach Trip (R) **12.00noon** Channel 4 News Summary **12.05pm** River Cottage Bites **12.10** A Place in the Sun: Home or Away (R) **1.15** **PREMIERE** McBride: Anybody Here Murder Marty? **2.55** Wogan's Perfect Recall **3.25** Countdown **4.10** Deal or No Deal **5.00** Come Dine with Me **5.30** Jamie's 30 Minute Meals **6.00** The Simpsons (R) **6.30** Hollyoaks

**7.00 News**

**7.55 4thought.tv**

**8.00 Wedding House**  
Seriously wacky weddings.

**9.00 Ramsay's Best Restaurant**  
This time it's Fench restaurants. Mmm - snails! Doesn't quite work, does it?

**10.00 Seven Days**  
Posh people in Notting Hill are followed around by a camera crew.

**11.05 3 Minute Wonder: The Jarman Award**  
The work of artist Lindsay Seers. (R)

**11.10 Russell Brand Doing Life**  
The odd-ball comic gets all excited at London's Hackney Empire. (R)

**12.15am Late Night Poker**  
**SPORT** Major players including Phil Ivey and Gus Hansen compete in another tournament.

**1.15** Beach Volleyball **2.05** Freesports **3.00** KOTV Boxing Weekly **3.25** British Ford (R) **3.50** World Sport **4.15** Triathlon **5.10-6.00am** Deadliest Catch (R)

**FIVE**

**6.00am** Milkshake! **9.15** The Wright Stuff **10.45** Trisha Goddard (R) **11.40** House (R) **12.35pm** Five News **12.40** Meals in Moments (R) **12.50** Police Interceptors: Special Edition (R) **1.45** Neighbours **2.15** Home and Away **2.50** I Own Britain's Best Home: Flying Visit (R) **3.05** **FILM** This Matter of Marriage: *Drama starring Leslie Hope and Sherry Miller*. **5.00** Five News, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** Live from Studio Five

**7.00 Five News at 7**

**7.30 How to Take Stunning Pictures**  
Just get hold of a decent digital camera!

**8.00 Motorway Madness**  
Behind the scenes at a busy Worcestershire motorway service station. About as riveting as it sounds.

**9.00 CSI: Miami**  
**MUST-SEE** Getting more and more ludicrous as the weeks go by, today's dead bloke has fallen from the sky, and could only have been killed in zero gravity. Crazy!

**10.00 CSI: NY**  
A racing driver is murdered. (R)

**11.00 CSI: Crime Scene Investigation**  
Grissom battles with an old enemy. (R)

**12.00m't NCIS**  
The agents are investigated on suspicion of killing arms dealer La Grenouille. (R)

**12.55am SuperCasino**

**4.05** House Doctor **4.30** Great Scientists **4.55** Rough Guide to Activity Holidays **5.10** Michaela's Wild Challenge (R)

REGIONAL VARIATIONS

**BBC1 SCOTLAND: 8.00pm** River City **9.00-10.00pm** **NEW** Holby City **BBC1 NORTHERN IRELAND: 10.35pm** Spotlight **11.05** Tormented Lives **11.55** Damages **12.35-12.50am** Off the Beaten Track **BBC1 WALES: 10.35pm** Week In,

Week Out **11.05** Tormented Lives **11.55-1.20am** **FILM** Taken in Broad Daylight: *Fact-based crime thriller starring Sara Canning and James Van Der Beek*. **BBC2 SCOTLAND: 11.00-11.20pm** Newsnight Scotland **12.30-3.15am** BBC News

**BBC2 NORTHERN IRELAND: 7.00pm** **SPORT** Delhi 2010 **7.45-8.00** Sporting Traditions **10.00-10.30** High Life **11.20** Stormont Today **11.50-12.20am** Later Live - with Jools Holland **BBC2 WALES: 7.00pm** This Land **7.30-8.00pm** The Hairy Bikers:

Mums Know Best **STV: 7.30pm** Being Victor **8.00-9.00** Who Wants to Be a Millionaire? **10.30** STV News and Weather **10.40** Ladette to Lady **11.40** Comedy Classics: Brass **12.05am** Brain Box **1.00** The Jeremy Kyle Show **2.00-5.30am** The Nightshift

## TODAY'S SPORT

**sky SPORTS 1**

**6.00am** Good Morning Sports Fans (HD) **9.00** Netbusters **9.30** Football (HD) **11.30** SPL Round-Up (HD) **12.00noon** Soccer AM: The Best Bits **1.00pm** Football (HD) **3.00** Netbusters **3.30** Boots 'n' All **4.30** Soccer AM: The Best Bits **5.30** Football Asia **6.00** Spanish Football **7.00** Sky Sports News at Seven (HD) **7.30** Soccer Special (HD) **10.30** Football Asia **11.00** Spanish Football **12.00m't** A-League **12.30am** Football (HD) **1.30** Spanish Football **2.30** Football Asia **3.00** Football (HD) **4.00** A-League **4.30** Spanish Football **5.30-6.00am** BMX Cycling

**sky SPORTS 2**

**6.00am** Urban Ride **6.30** WWE: Afterburn (HD) **7.30** Boots 'n' All **8.30** Golf **9.30** Golf **11.30** Golf (HD) **12.30pm** Wonderful World of Golf: *Mark Calcutt vs Fred Couples from 2002*. **2.00** PGA Tour Classic **3.00** Golf **5.00** **MUST-SEE** Football: *Spartak Moscow vs Chelsea, kick-off 5.30pm*. (HD) **7.30** **LIVE** Football: *Arsenal vs Shakhtar Donetsk, kick-off 7.45pm*. (HD) **10.00** Football: *Recent goals from the Champions League*. (HD) **11.00** Poker: *Heat four of the Poker Million from London*. (HD) **1.00am** Polocrosse **2.00** Polo **3.00-4.00am** Sports Unlimited

## ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

**FILM4 (315)**  
**6.15pm** Anna and the King: *Period drama starring Jodie Foster and Chow Yun-Fat*. **9.00** Mr. & Mrs. Smith: *Comedy adventure with Brad Pitt and Angelina Jolie*. **11.15** **PREMIERE** Tulpan: *Comedy drama*. **1.10am** The Dreamers: *Drama*. **3.25-3.35am** The Social Network Special

**COMEDY CENTRAL (126)**  
**7.00pm** The King of Queens **8.00** Scrubs **9.00** Two and a Half Men **9.30** Live at the Apollo **10.30** Mike & Molly **11.00** Sex and the City **12.10am** Two and a Half Men **1.10** South Park **2.10** The Office: An

**ESPN** **6.15pm** Eredivisie **7.15** ESPN Kicks **7.30** NFL **10.00** Pardon the Interruption UK **10.30** Football **12.30am** **LIVE** Ice Hockey **3.00** Press Pass 2010 **3.30** VW Scirocco Cup **4.30** ESPN Serie A Kicks **4.45-5.45am** Eredivisie

American Workplace **3.10** Two and a Half Men **4.05** Shortcuts Shuffle **4.20** The King of Queens **5.10-6.00am** Frasier

**DISCOVERY (520)**  
**6.00pm** Mythbusters **8.00** How Do They Do It? **8.30** How It's Made **9.00** Trawler Wars **10.00** Deadliest Catch **11.00** Building the Future **12.00m't** Bear Grylls: Born Survivor **1.00am** **SPORT** Swords: Life on the Line **2.00** Industrial Revelations **3.00** Weaponology **3.50** Treasure Quest **4.40** Days That Shook the World **5.30-6.00am** How Does That Work?

**BBC3 (115)**  
**7.00pm** Total Wipeout **8.00** Snog, Marry, Avoid? **9.00** Don't Tell the Bride **10.00** EastEnders **10.30** Lip Service **11.30** Family Guy: *Peter loses his job*. **12.20am** Don't Tell the Bride **1.15** Lip Service **2.15** Bizarre ER **3.15** Total Wipeout **4.15-5.15am** Snog, Marry, Avoid?

**E4 (136)**  
**7.00pm** Hollyoaks **7.30** Friends **9.00** Smallville **10.00** The Cleveland Show: *Cleveland gambles away Roberta's college fund*. **11.00** The Ricky Gervais Show: *The surprising lack of homeless Chinese people*. **11.30** King of the Hill **12.00m't** Scrubs **1.00am** The Cleveland Show **1.50** The Ricky Gervais Show **2.15** King of the Hill **2.35** Life Unexpected **3.15** Reno 911! **4.00** Switched **4.20** Accidentally on Purpose **4.40-6.00am** Switched

**DAVE (111)**  
**7.00pm** Ray Mears' Wild Food **8.00** Top Gear: *The Range Rover Sport is pitted against a tank*. **9.00** QI **XL** **10.00** Argumental: *With Ben Miller*. **10.40** Mock the Week: *With Stewart Francis and Andrew Maxwell*. **11.20** Have I Got Old News for You **12.00m't** QI **XL** **1.00am** Argumental **1.40** Mock the Week **2.10-3.00am** Have I Got Old News for You



NEW  
ISSUE  
ON SALE  
TODAY!

19 OCTOBER

TUESDAY

FULL 7  
DAY TV  
GUIDE!

sky1

6.00am The Biggest Loser US (R) 7.00  
Brainiac: Science Abuse (R)(HD) 8.00  
Oops TV (R) 9.00 Zoo Vet at Large (R) 9.30  
Zoo Vet at Large (R) 10.00 Bones (R)(HD)  
11.00 Kim's Rude Awakening (R)(HD)  
11.30 The Real A&E (R)(HD) 12.00noon  
The Biggest Loser US 1.00pm Project  
Runway (R) 2.00 Bones (R)(HD) 3.00  
Stargate Atlantis (R)(HD) 4.00 Stargate  
Atlantis (R)(HD) 5.00 Malcolm in the  
Middle (R)(HD) 5.30 Futurama (R)  
6.00 Oops TV (R) 6.30 The Simpsons (R)

7.00 The Simpsons  
Homer is asked to help the Rolling Stones  
at a benefit gig. (R)

7.30 The Middle  
Frankie helps Brick in his efforts to be  
elected school historian. (HD)

8.00 UK Border Force  
"Touch your toes!" etc. (R)(HD)

9.00 Stargate Universe  
The Destiny docks with a seeding ship.  
Oo, er missus! (HD)

10.00 Fringe  
The team examine a series of crimes. (HD)

11.00 A League of Their Own  
James Corden hosts, with Jamie  
Redknapp, John Bishop, Andrew Flintoff  
and Georgie Thompson. Ace! (R)(HD)

11.30 Football's Greatest  
**SPORT** A look back at the career of  
Zinedine Zidane. (R)

12.00m't Road Wars  
A gang of boy racers causes bother. (R)

1.00 Road Wars 1.50 Street Wars  
2.40 Oops TV 3.05 Oops TV 3.30 Lost  
(HD) 4.20 Lost 5.10-6.00am Are  
You Smarter Than a 10 Year Old? (R)(HD)

ULSTER: 10.30pm UTV Live Tonight  
11.05 The Cube: Weird game show.  
12.00m't-2.30am Brain Box ITV1  
WALES: 10.30-10.35pm Wales Tonight

MTV (350)  
7.00pm Teen Mom 8.00 Randy  
Jackson's America's Best Dance Crew  
9.00 Jersey Shore 10.00 The Hard Times  
of RJ Berger 11.00 Scream Queens  
12.00m't South Park 1.00am Sanchez  
Get High: Pritchard vs Dainton 2.00  
South Park 3.00-6.00am All the Hits

SVFY (129)  
7.00pm Buffy the Vampire Slayer 8.00  
A Town Called Eureka 9.00 Haven 10.00  
FILM Submerged 11.50 FILM AVH:  
Alien vs. Hunter: Sci-fi thriller. 1.30am  
Thunderbirds 2.30 3rd Rock from the  
Sun 3.00 Mysterious Ways 4.00  
Quantum Leap 5.00-6.00am Smallville

FX (164)  
7.00pm NCIS 9.00 Better Off Ted  
10.00 Family Guy 11.00 Life 12.00m't  
Farscape 1.00am Babylon 5 2.00  
ReGenesis 3.00-4.00am Water Rats

## TODAY'S MUST-SEES

Anelka's attempt to  
pick a fight with the  
invisible man backfired



## CHAMPS LEAGUE!

"You have burritos  
for lunch again,  
Horatio?"



## CSI: Miami

**DRAMA** Is it a bird, is it a plane? No, it's a dead  
bloke who's fallen out of the sky!  
Horatio and his team find injuries that could only  
have been sustained in zero gravity, so investigate  
the only private space-travel company in Miami. ★★★



## Community

**COMEDY** Viva, 10pm  
This random show about a group  
of misfits at a rubbish college in  
the USA is gaining some momentum now, and has  
actually been given a second series in the States.  
Once again, we say try it – you might like it! ★★★

## Spartak Moscow vs Chelsea

Sky Sports 2/HD, 5pm

**SPORT** Drogba and co  
don their gloves for  
a tricky test in teeth-chatteringly  
chilly Moscow. With both teams  
boasting 100 per cent records in  
the tournament so far, the result  
of this could determine who goes  
on to win the group. Then, while  
they're having their post-match  
frostbite tended to, we'll be  
watching tonight's second game,  
between Arsenal and Ukrainian  
side Shakhtar Donetsk at the  
Emirates. To be fair, that's about  
as good as TV gets. ★★★★★



## Harry & Paul

**COMEDY** Another stack of sketches, including  
drunken Gerald, who feels a bit silly  
after his homicidal pranks, and the silver-haired Beatles,  
who celebrate their 200th platinum album with a trip  
to Bournemouth. Rip-roaringly random fun! ★★★★★

Serving  
Suggestion.



Pour, stir, click –  
[thenationsnoodle.co.uk](http://thenationsnoodle.co.uk)



6am

7pm

1am

**BBC ONE**

**6.00am** Breakfast **9.15** Heir Hunters (R) **10.00** Homes Under the Hammer **11.00** Cowboy Trap **11.45** Cash in the Attic (R) **12.15pm** Bargain Hunt (R) **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Diagnosis Murder (R) **3.00** BBC News, Weather, Regional News **3.05** CBBC **5.15** Weakest Link **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

**BBC TWO**

**6.00am** CBeebies **7.00** CBBC **8.30** CBeebies **11.30** The Spending Review **3.00pm** Put Your Money Where Your Mouth Is (R) **3.45** Flog It! **4.30** Pointless **5.15** Escape to the Country (R) **6.00** Eggheads: Quiz show with Jeremy Vine. **6.30** Strictly Come Dancing - It Takes Two

**itv 1**

**5.30am** ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show **10.30** This Morning: With Katie Price. **12.15pm** The Spending Review Live: An ITV News Special **1.30** ITV News **1.55** Regional News, Weather **2.00** 60 Minute Makeover **3.00** Dickinson's Real Deal **4.00** Midsomer Murders (R) **5.00** The Alan Titchmarsh Show **6.00** Regional News, Weather **6.30** ITV News

**4**

**6.00am** Sali Mali (R) **6.05** The Treacle People (R) **6.15** Planet Cook (R) **6.35** Yo Gabba Gabba (R) **7.00** Freshly Squeezed **7.25** Everybody Loves Raymond (R) **8.20** Frasier (R) **8.50** Friends (R) **9.20** Coach Trip (R) **12.00noon** Channel 4 News Summary **12.05pm** Atlantic (R) **12.10** A Place in the Sun: Home or Away (R) **1.10** **FILM** Comanche: Western. **2.55** Wogan's Perfect Recall **3.25** Countdown **4.10** Deal or No Deal **5.00** Come Dine with Me **5.30** Jamie's 30 Minute Meals **6.00** The Simpsons (R) **6.30** Hollyoaks

**FIVE**

**6.00am** Milkshake! **9.15** The Wright Stuff **10.45** Trisha Goddard (R) **11.40** House (R) **12.35pm** Five News **12.40** Meals in Moments (R) **12.50** Police Interceptors: Special Edition (R) **1.45** Neighbours **2.15** Home and Away **2.50** I Own Britain's Best Home: Flying Visit (R) **3.05** **FILM** Love Finds a Home: Family Western starring Sarah Jones. **5.00** Five News, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** Live from Studio Five

**7.00 The One Show**

Light-hearted chin-wagging.

**7.30 Helicopter Heroes**

The team treat victims of Derrick Bird's shooting spree in Cumbria.

**8.00 Waterloo Road**

**9.00 The Apprentice**

**MUST-SEE** The teams bake and sell their own goods, which all leads to an inevitable tantrum in the board room for the losers. Ace!

**10.00 BBC News, Weather**

**10.40 The National**

Debra Stephenson presents.

**10.50 Film 2010**

with Claudia Winkleman  
A review of heebie-jeebie inducing new horror sequel Paranormal Activity 2.

**11.30 The Mosquito Coast**

**FILM** A disillusioned inventor moves his family to Central America to form a new utopian society, but is driven to madness by the endeavour. Ah well, nothing ventured and all that.

**1.25am** Sign Zone: Country Tracks (R)

**2.25** Bang Goes the Theory (R) **2.55** Watchdog (R) **3.55-6.00am** BBC News

**7.00 Hostage in the Jungle - This World**

Colombia presidential candidate Ingrid Betancourt's abduction by FARC rebels.

**8.00 MasterChef: The Professionals**

Really talented chefs cook meals. Hang on - where's the fun in that?

**9.00 Wonderland - High Society Brides**

Posh people get married.

**10.00 The Apprentice: You're Fired!**

"Lord Sugar's got it wrong because I'm absolutely brilliant!" etc.

**10.30 Newsnight**

**11.20 Whites**

A health and safety inspector visits the White House restaurant. (R)

**11.50 Harry & Paul**

Top-notch sketches. (R)

**12.20-3.55am** BBC News

**4.00-6.00am** BBC Learning Zone

**7.00 Emmerdale**

Sheep-bleating bobbins.

**7.30 UEFA Champions League**

**MUST-SEE** If Spurs weren't sure they'd arrived in this season's Champions League already, they'll know now - they face the current holders, Rafa Benitez's Inter Milan at the San Siro, kick-off 7.45pm. There's Man United vs Bursaspor on Sky Sports 2 if that takes your fancy instead.

**10.00 ITV News, Weather**

**10.35 UEFA Champions League: Extra Time**

**SPORT** Action from the week's games, including Man United vs Bursaspor, Rangers vs Valencia, Inter Milan vs Spurs, Spartak Moscow vs Chelsea and Arsenal vs Shakhtar Donetsk.

**12.30am The Zone**

Shopping and interactive gaming.

**2.35** **FILM** Bend of the River: Western starring James Stewart and Rock Hudson. **4.05** The Jeremy Kyle Show (R) **5.00-5.30am** ITV Nightscreen

**7.00 News**

**7.55 4thought.tv**

Religious ramblings.

**8.00 Food:**

**What Goes in Your Basket?**

Harry Wallop rates the best and worst pizzas. How lucky is he?

**9.00 Grand Designs**

Tonight's overly complicated construction is a Scandinavian-style eco house in a Falmouth back garden. OK then.

**10.00 Rude Tube: Ultimate Champions**

Featuring a man who picks his nose with his own tongue. Urgh!

**11.05 3 Minute Wonder: The Jarman Award** (R)

**11.10 Love the Beast**

**PREMIERE** Actor Eric Bana's documentary about his own classic car. It's pretty good, too!

**1.10am** Music **1.20** Album Chart **1.35** **FILM** Birthday Girl **3.10** Momma's Boy (R) **3.30** Afterworld (R) **3.55** ER (R) **4.40** Hill Street Blues (R) **5.30-6.15am** Countdown

**7.00 Five News at 7**

**7.30 How Do They Do It?**

Windscreens wipers.

**8.00 Cowboy Builders**

Nail-hammering antics

**9.00 NCIS**

A Marine is murdered in Baghdad. (R)

**10.00 Law & Order: Criminal Intent**

An adulterous couple vanish.

**11.00 Law & Order**

A woman's body is found in a river. (R)

**11.55 Poker**

**SPORT** The World Poker Tour event from the Palm Beach Casino in Mayfair, London.

**12.55am SuperCasino**

Fancy losing some money really quickly? Have a go at this then.

**4.05** House Doctor (R) **4.30** Great Scientists (R) **4.55** Rough Guide To (R) **5.10** Michaela's Wild Challenge (R) **5.35-6.00am** Michaela's Wild Challenge (R)

**REGIONAL VARIATIONS**

**BBC1 SCOTLAND:** 7.30-8.00pm Grand Tours of Scotland **BBC1 NORTHERN IRELAND:** 10.50pm Festival Nights **11.20** Film 2010 with Claudia Winkleman **12.00m-t.1.25am** **FILM** Taken in Broad Daylight: Fact-based crime thriller starring Sara

Canning and James Van Der Beek. **BBC1 WALES:** 7.30-8.00pm Snowdonia 1890 **10.50** Ask Rhod Gilbert **11.30** Film 2010 with Claudia Winkleman **12.10am** **FILM** The Mosquito Coast: Adventure drama starring Harrison Ford. **2.05-2.25am** BBC

News **BBC2 SCOTLAND:** 11.00-11.20pm Newsnight Scotland **1.05-3.55am** BBC News **BBC2 NORTHERN IRELAND:** 11.20pm Spotlight **11.50** Whites **12.20am** Harry & Paul **12.50-3.55am** BBC News **STV:** 10.30-10.35pm STV News and Weather

**12.30am** Brain Box **1.00** The Jeremy Kyle Show **2.00-5.30am** The Nightshift **ULSTER:** 10.30pm UTV Live Tonight **11.05** **SPORT** UEFA Champions League: Extra Time **1.00-2.35am** Brain Box

## TODAY'S SPORT

**sky SPORTS 1**

**6.00am** Good Morning Sports Fans (HD) **9.00** Football (HD) **10.00** Spanish Football **11.00** Football Asia **11.30** Football (HD) **12.30pm** Spanish Football **1.30** A-League **2.00** Football (HD) **3.00** Golf **6.00** European Tour Weekly **6.30** FIFA Futbol Mundial **7.00** Sky Sports News at Seven (HD) **7.30** Soccer Special (HD) **10.00** You're on Sky Sports! **11.30** FIFA Futbol Mundial **12.00m-t** Total Rugby **12.30am** Football (HD) **1.30** Transworld Sport **2.30** FIFA Futbol Mundial **3.00** Football (HD) **4.00** Transworld Sport **5.00** FIFA Futbol Mundial **5.30-6.00am** Total Rugby

**sky SPORTS 2**

**6.00am** Aerobics **6.30** Urban Ride **7.00** WWE: Vintage Collection **8.00** Golf **11.00** Golf **12.00noon** Asian Tour Golf Show **12.30pm** Urban Ride **1.00** Polocrosse **2.00** Polo **3.00** Poker (HD) **5.00** Watersports World **6.00** UEFA Champions League Pre-Game Show: Get in the mood for the footy! (HD) **7.30** **LIVE** Football: Man United vs Bursaspor, kick-off 7.45pm. (HD) **10.00** UEFA Champions League Goals (HD) **11.00** Transworld Sport **12.00m-t** Watersports World **1.00am** Poker (HD) **3.00** Total Rugby **3.30-4.00am** Powerboating

## ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

**FILM4 (315)** **6.50pm** How to Lose a Guy in 10 Days: Romantic comedy starring Kate Hudson. **9.00** The Magdalene Sisters: Drama starring Geraldine McEwan. **11.15** Lucky Number Slevin: Crime thriller starring Josh Hartnett. **1.20am** In America: Drama starring Samantha Morton. **3.20-3.30am** The Social Network Special **COMEDY CENTRAL (126)** **7.00pm** The King of Queens: Double-bill. **8.00** Scrubs **9.00** Two and a Half Men **10.00** The Office: An American Workplace **11.00** Sex and the City

**ESPN** **6.45pm** Press Pass **7.15** Kicks Extra **7.30** DTM **8.30** F3 **9.30** ESPN Game of the Week **10.00** 30 for 30 **11.00** UFC **12.00m-t** Poker **1.00am** Press Pass 2010 **1.30** UFC **2.00** **LIVE** Ice Hockey **4.30-5.00am** Press Pass

**12.10am** Two and a Half Men **1.10** South Park **2.10** Scrubs **3.10** Two and a Half Men **4.05** Shortcuts Shuffle **4.20** The King of Queens **5.10-6.00am** Frasier

**DISCOVERY (520)** **6.00pm** Mythbusters **8.00** How Do They Do It? **8.30** How It's Made **9.00** Dive to the Bottom of the World **10.00** Trawler Wars: Documentary. **11.00** 9/11: After the Towers Fell **12.00m-t** Bear Grylls: Born Survivor **1.00am** Deadliest Catch **2.00** Industrial Revelations: Birmingham. **3.00** Weaponology **3.50** Treasure Quest **4.40** Days That Shook the World **5.30-6.00am** How Does That Work?

**BBC3 (115)** **7.00pm** Don't Tell the Bride **8.00** Young Voters' Question Time Live **9.00** Mobo Awards 2010 **11.00** Family Guy **11.50** Lip Service **12.50am** One Non Blonde Down Under **1.20** Young Voters' Question Time

**2.20** The Real Hustle Undercover **2.50** Lip Service **3.50** One Non Blonde Down Under **4.20-5.15am** Don't Tell the Bride

**E4 (136)** **7.00pm** Hollyoaks **7.30** Friends **9.00** Ugly Betty **10.00** Desperate Housewives **11.00** **FILM** Me, Myself & Irene: Comedy starring Jim Carrey. **1.15am** RuPaul's Drag Race **2.10** Scrubs **2.55** Reno 911! **3.20** Scrubs **3.40** RuPaul's Drag Race **4.25** Switched **4.45** Accidentally on Purpose **5.05-6.00am** Switched

**DAVE (111)** **6.40pm** Seaside Rescue **7.20** Everest ER **8.00** **SPORT** Red Bull X-Fighters 2010: From Rome. **9.00** Not Going Out **9.40** Peep Show **10.15** Qi **10.55** Mock the Week **11.35** Not Going Out **12.15am** **SPORT** Red Bull X-Fighters 2010 **1.15** Pulling **1.50** Never Mind the Buzzcocks **2.25-3.00am** Whose Line Is It Anyway?



20 OCTOBER

WEDNESDAY

FULL 7  
DAY TV  
GUIDE!

sky1

**6.00am** The Biggest Loser US (R) **7.00** Brainiac: History Abuse (R) **8.00** Oops TV (R) **9.00** Zoo Vet at Large (R) **9.30** Zoo Vet at Large (R) **10.00** Bones (R)(HD) **11.00** Kim's Rude Awakening (R)(HD) **11.30** Babies at Risk (R) **12.00noon** The Biggest Loser US (R) **1.00pm** Project Runway (R) **2.00** Bones (R)(HD) **3.00** Stargate Atlantis (R)(HD) **4.00** Stargate Atlantis (R)(HD) **5.00** Malcolm in the Middle (R)(HD) **5.30** Futurama (R) **6.00** Oops TV (R) **6.30** The Simpsons (R)

#### 7.00 The Simpsons

Bart joins forces with a new pupil at Springfield Elementary. (R)

#### 7.30 The Middle

Mike gets a new job. (HD)

#### 8.00 Prince William's Africa

Following a royal visit to Botswana for Tusk Trust's 20th anniversary. (HD)

#### 9.00 Bones

**NEW** Cam tries to discover the identity of a boy. (HD)

#### 10.00 Lie to Me

**NEW** Lie detector on legs Cal Lightman's back for a third series. Here, the team reunite to help Cam uncover the identity of a boy from his skeleton. Tim Roth stars. (HD)

#### 11.00 The Mummy Returns

**FILM** In the unlikely event you missed this in 2001 when it came out, or Saturday when it was last on telly, here it is again. (HD)

**1.30am** Road Wars (R) **2.00** Street Wars **2.55** Oops TV (R) **3.25** Lost (R)(HD) **4.20** Tabatha's Salon Takeover (R) **5.10-6.00am** Smarter Than a 10 Year Old? (R)

#### MTV (350)

**7.00pm** Teen Mom **8.00** Celebrity Bites **8.30** MTV at the Movies **9.00** The Hard Times of RJ Berger **10.00** Jersey Shore **11.00** Scream Queens **12.00m't** South Park **1.00am** Fist Pumpin' **Top 20** with Jersey Shore **2.00** South Park **3.00-6.00am** All the Hits

#### SYFY (129)

**7.00pm** Buffy the Vampire Slayer **8.00** Impact: Disaster drama starring David James Elliott. **11.40** Haven **12.40am** Haunted Homes **1.40** Thunderbirds **3.00** Mysterious Ways **4.00** Quantum Leap **5.00-6.00am** Smallville

#### FX (164)

**7.00pm** NCIS **9.00** American Dad! **10.00** Burn Notice: Michael accepts a job offered by Strickler. **11.00** Dexter **12.05am** Farscape **1.05** Babylon 5 **2.05** ReGenesis **3.05-4.05am** Water Rats

## TODAY'S MUST-SEES



"Hey, check out my John Bishop impression!"

'ARRY VS RAFA!



"Someone tell my tailor he's fired!"

### The Apprentice

BBC1, 9pm

**REALITY** The teams are given a market stall from which they have to sell bakery goods before pitching their products to a high-class hotel, a restaurant and a coffee shop. One team will make a mess of things and someone will get fired! ★★★★★



"Hello, is that Domino's?"

### The Fourth Kind

Sky Movies Premiere/HD, 11.45pm

**FILM** Alaska-set thriller, supposedly based on real case studies, in which Milla Jovovich is a psychologist treating patients who believe they've been abducted by aliens. A few jumpy scares. ★★★

### Inter Milan vs Spurs

ITV1, 7:30pm

**SPORT** Reigning champions vs Champions League upstarts! The Italian giants, Inter Milan, now managed by former Liverpool boss Rafael Benitez host 'Arry Redknapp's Spurs, with both sides boasting identical records so far – each have a win and a draw from their opening two matches. Conventional wisdom suggests Tottenham will be happy with an away point at the San Siro, but knowing the attacking instincts of 'Arry, and the form of Gareth Bale, Peter Crouch and co, expect his boys to attack, attack, attack! ★★★★★



Newsnight refuted accusations of dumbing down

### Richard Bacon's Beer And Pizza Club

ITV4, 10pm

**COMEDY** A show where the most entertaining answers earn points, so even the dimmest celebs can win! Quick! Call Jack Tweed! ★★★

#### Nuts MOBILE

### Lucy Pinder on your mobile!



£2 EACH!

TEXT NUTS472 TO 88888

TEXT NUTS473 TO 88888

**1** Choose your download and text the **KEYWORD** to 88888  
**2** Download your product, sit back and enjoy

Nuts wallpapers and videos cost £2 each. Bill payer's permission and compatible handset required. Age 16+. Standard network and data charges apply. Help: 0870 850 8160 (national rate). You'll receive a link and access to the Nuts download area. Terms and conditions: www.nuts.co.uk/fm/terms. This is not a subscription service.

PREVIEWS: FRANK TENNYSON, NICK WATKINS PHOTOS: GETTY



**BBC ONE**

**BBC TWO**

**itv 1**

**4**

**FIVE**

**6am**

**6.00am** Breakfast **9.15** Heir Hunters (R)  
**10.00** Homes Under the Hammer **11.00**  
Cowboy Trap **11.45** Cash in the Attic (R)  
**12.15pm** Bargain Hunt (R) **1.00** BBC  
News, Weather **1.30** Regional News,  
Weather **1.45** Doctors **2.15** Diagnosis  
Murder (R) **3.00** BBC News, Weather,  
Regional News **3.05** CBBC **5.15** Weakest  
Link (R) **6.00** BBC News, Weather **6.30**  
Regional News Programmes, Weather

**6.00am** CBeebies **7.00** CBBC **8.30**  
CBeebies **11.30** Animal Park (R)  
**12.00noon** Daily Politics **12.30pm** GMT  
with George Alagiah **1.00** Due South (R)  
**1.45** See Hear **2.15** Instant Restaurant (R)  
**3.00** Put Your Money Where Your Mouth  
Is **3.45** Flog It! **4.30** Pointless **5.15**  
Escape to the Country **6.00** Eggheads  
**6.30** Strictly Come Dancing – It Takes Two

**5.30am** ITV News **6.00** Daybreak **8.30**  
Lorraine **9.25** The Jeremy Kyle Show  
**10.30** This Morning **12.30pm** Loose  
Women: *With Michael Winner* **1.30**  
ITV News **1.55** Regional News **2.00** 60  
Minute Makeover **3.00** Dickinson's  
Real Deal **4.00** Midsomer Murders (R)  
**5.00** The Alan Titchmarsh Show **6.00**  
Regional News, Weather **6.30** ITV News

**6.15am** Planet Cook (R) **6.35** Yo Gabba  
Gabba (R) **7.00** Freshly Squeezed **7.30**  
Everybody Loves Raymond (R) **8.25**  
Frasier (R) **8.55** Friends (R) **9.25** Coach  
Trip (R) **12.00noon** Channel 4 News  
Summary **12.05pm** Designers Under  
Pressure (R) **12.15** A Place in the Sun:  
Home or Away (R) **1.15** **PREMIERE** McBride:  
Fallen Idol: *Mystery* **2.55** Wogan's Perfect  
Recall **3.25** Countdown **4.10** Deal or No  
Deal: *Game show* **5.00** Come Dine with  
Me **5.30** Jamie's 30 Minute Meals  
**6.00** The Simpsons (R) **6.30** Hollyoaks

**6.00am** Milkshake! **9.15** The Wright Stuff  
**10.45** Trisha Goddard (R) **11.40** House (R)  
**12.35pm** Five News **12.40** Meals in  
Moments (R) **12.50** Police Interceptors:  
Special Edition (R) **1.45** Neighbours **2.15**  
Home and Away **2.50** Meals in Moments  
(R) **3.00** Haven (R) **5.00** Five News,  
Weather **5.30** Neighbours (R) **6.00** Home  
and Away (R) **6.25** Live from Studio Five

**7pm**

**7.00** The One Show  
Chat about recent stuff.  
**7.30** EastEnders  
Tension rises between Ryan and Janine.  
What? Some people about to fall out?  
In this show? Never!  
**8.00** Watchdog  
Dodgy businesses are exposed.  
**9.00** Have I Got News for You  
With comedian Reginald D Hunter.  
**9.30** Reggie Perrin  
Money becomes a growing concern for  
the Perrins with Nicola unemployed and  
Reggie still looking for a new career.  
**10.00** BBC News, Weather  
**10.35** Question Time  
Political twaddle.  
**11.35** This Week  
More from the world of politiczzzzzzz.  
**12.25am** Sign Zone: Panorama  
Vivian White reports on the care of elderly  
people with dementia. (R)  
**12.55** Countryfile  
Reports from the middle of nowhere. (R)

**7.00** The Culture Show  
**NEW** Miranda Sawyer meets British  
rap musician Tinie Tempah  
during his UK tour.  
**8.00** Nigella Kitchen  
Nigella rustles up a curry. Mmm!  
**8.30** Autumnwatch 2010  
Critter-spying in Northern Ireland.  
**9.30** Autumnwatch Unsprung  
Chat about the above show.

**10.00** Never Mind  
the Buzzcocks  
**MUST-SEE** New series of the ace  
comedy music quiz.

**10.30** Newsnight  
**11.20** The Culture Show (R)  
**12.20am** The Apprentice:  
You're Fired!  
The latest candidate to be given the shove  
gets a final spell in the spotlight. (R)

**7.00** Emmerdale  
Schmemmerdale.  
**7.30** Wrong to Buy?: Tonight  
Blather about house-buying.  
**8.00** Emmerdale  
Nathan is kidnapped and locked away  
in a barn. We blame the goats.  
**8.30** Coronation Street  
More dross in the drizzle.  
**9.00** Law & Order: UK  
The team hunt a cyberstalker.

**10.00** ITV News, Weather  
**10.35** Cops with Cameras  
Following officers across the UK. (R)  
**11.35** Regional Programme

**12.05am** Grimefighters  
Specialist clean-up teams. (R)

**12.30** The Zone  
Shopping and interactive gaming.

**7.00** News  
**7.55** 4thought.tv

**8.00** River Cottage Every Day  
Hugh Fearnley-Whittingstall champions  
the importance of breakfast. If he's  
referring to a fry-up to combat a hangover,  
we couldn't agree more.

**9.00** The Taking  
of Prince Harry  
Docu presenting a hypothetical scenario  
in which Prince Harry is kidnapped while  
on military duty in Afghanistan.

**10.30** True Blood  
Brill vampire drama. Sookie embarks on  
a dangerous mission to locate Godric.

**11.45** 3 Minute Wonder:  
The Jarman Award (R)

**11.50** Reaper  
Sam leads the gang to a small town.

**12.45am** King of the Hill  
Bobby becomes mixed up in racial  
intolerance at school.

**7.00** Five News at 7  
**7.30** UEFA Europa  
League Football  
**LIVE** It's off to Eastlands for the  
Group A encounter between  
the absolutely minted Man City and  
Polish outfit Lech Poznan, who we suspect  
aren't. Kick-off 8.05pm.

**10.10** The Glimmer Man  
**FILM** Action thriller starring Steven  
Seagal and Keenen Ivory  
Wayans. A former CIA agent turned cop  
tries to track down a serial killer.

**12.05am** SuperCasino  
Gambling gubbins.

**1.55** Antiques Roadshow: *Tat valuing*. (R)  
**2.55** The Big School Lottery (R)  
**3.55-6.00am** BBC News

**1.05-3.55am** BBC News: *Headlines*.  
**4.00-6.00am** BBC Learning Zone

**2.35** The Jeremy Kyle Show: *Chat show*.  
(R) **3.25** Wrong to Buy?: Tonight (R)  
**3.50-5.30am** ITV Nightscreen

**1.10** King of the Hill **1.35** **FILM** Teenage  
Caveman **3.05** Drifting (R) **3.20** ER (R)  
**4.10** Unreported World (R) **4.35**  
Dispatches (R) **5.25-6.10am** Countdown

**4.05** House Doctor (R) **4.30** Great  
Scientists (R) **4.55** Rough Guide to  
Journeys: *Italy and Thailand*. (R) **5.10-  
6.00am** Michaela's Wild Challenge (R)

**REGIONAL  
VARIATIONS**

**BBC1 NORTHERN IRELAND:** 11.35pm Hearts and  
Minds **12.05-12.55am** This Week **BBC1 WALES:**  
**11.35pm** Dragon's Eye **12.05-12.55** This Week  
**BBC2 SCOTLAND:** 11.00-11.20pm Newsnight  
Scotland **BBC2 NORTHERN IRELAND:** 7.00pm In

Your Corner **7.30** Hearts and Minds **10.00** **NEW** Blas  
Ceoil **11.20** **NEW** Never Mind the Buzzcocks **11.50**  
**NEW** The Culture Show **12.50-1.05am** The  
Apprentice: You're Fired! **BBC2 WALES:** 7.00pm  
Dragon's Eye **7.30-8.00pm** Wales Yesterday

**STV:** 9.00pm Underbelly: A Tale of Two Cities **10.30**  
STV News and Weather **10.40** Being Victor **11.10**  
Greatest Cities of the World with Griff Rhys Jones  
**12.05am** Brain Box **1.00** The Jeremy Kyle  
Show **2.00-5.30am** The Nightshift

**ULSTER:** 7.30pm The Seven Thirty Show **10.30** UTV  
Live Tonight **11.05** Wrong to Buy?: Tonight **11.30**  
**SPORT** RPM Motorsport **12.00m't** Brain Box **2.30am**  
**FILM** Be Cool: *Comedy sequel* **4.30-5.30am** ITV  
Nightscreen **ITV1 WALES:** 7.30pm Wales This Week

## TODAY'S SPORT

**sky SPORTS 1**

**6.00am** Good Morning Sports Fans (HD)  
**9.00** Football (HD) **10.00** FIFA Futbol  
Mundial **10.30** Total Rugby **11.00**  
Transworld Sport **12.00noon** Football  
(HD) **1.00pm** FIFA Futbol Mundial **1.30**  
Total Rugby **2.00** Football (HD) **3.00** FIFA  
Futbol Mundial **3.30** Powerboating  
**4.00** Total Rugby  
**4.30** FIFA Futbol Mundial  
**5.00** Transworld Sport  
**6.00** Football (HD)  
**7.00** Sky Sports News at Seven (HD)  
**7.30** Premier League World (HD)  
**8.00** The Rugby Club (HD)  
**9.00** Ringside (HD) **10.00** Time of Our  
Lives **11.00** The Rugby Club (HD)  
**12.00m't** Ringside (HD) **1.00am** Premier  
League World (HD) **1.30** Time of Our Lives  
**2.30** The Rugby Club (HD) **3.30** Ringside  
(HD) **4.30** Premier League World (HD)  
**5.00-6.00am** The Rugby Club (HD)

**sky SPORTS 2**

**6.00am** Aerobics  
**6.30** Urban Ride  
**7.00** WWE: Experience (HD)  
**8.00** European Tour Weekly  
**8.30** Golf  
**11.00** Aerobics  
**11.30** Racing News  
**12.00noon** Watersports World  
**1.00pm** Kilomathon Scotland (HD)  
**1.30** Powerboating  
**2.00** Watersports World  
**3.00** Transworld Sport  
**4.00** Show Jumping  
**5.00** WWE: Vintage Collection  
**6.00** Race World  
**7.00** ATP Tour Uncovered  
**7.30** **LIVE** Snooker: *Round six from the  
Spiceball Leisure Centre in Banbury*.  
**11.00** WWE: Late Night – Raw (HD)  
**1.00am** WWE: NXT (HD)  
**2.00-5.30am** Snooker

## ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

**FILM4 (315)**

**6.50pm** The Family Stone: *Comedy  
drama*. **8.50** The Social Network Special  
**9.00** The Insider: *Fact-based drama*.  
**12.05am** Dance with a Stranger: *Fact-  
based drama*. **2.00-4.00am** The Hole

**COMEDY CENTRAL (126)**

**7.00pm** The King of Queens **8.00** Scrubs  
**9.00** Two and a Half Men **10.00** South  
Park **11.00** Sex and the City **12.15am**  
Two and a Half Men **1.15** South Park  
**2.15** Rules of Engagement **3.15** Scrubs  
**4.10** Shortcuts Shuffle **4.20** The King  
of Queens **5.10-6.00am** Frasier

**ESPN** **6.00pm** **LIVE**  
Football **10.00**  
Goal! **10.30**  
Premier League World **11.00** MMA Live  
**11.45** UEFA Europa League Highlights  
**1.45am** Press Pass 2010 **2.15** MMA Live  
**3.00-5.30am** **LIVE** NHL Ice Hockey

**DISCOVERY (520)**

**6.00pm** Mythbusters **8.00** How Do They  
Do It?: *Repairing cables on the sea floor*.  
**8.30** How It's Made **9.00** I Shouldn't Be  
Alive **10.00** Deadliest Catch **11.00**  
Greatest Tank Battles **12.00m't** Bear  
Grylls: Born Survivor **1.00am** Deadliest  
Catch **2.00** Industrial Revelations  
**3.00** Weaponology **3.50** Treasure  
Quest **4.40** Days That Shook the World  
**5.30-6.00am** How Does That Work?

**BBC3 (115)**

**7.00pm** Top Gear: *With Guy Ritchie*. **8.00**  
Are You Fitter Than a Pensioner? **9.00**  
Little Britain Abroad **10.00** EastEnders  
**10.30** Russell Howard's Good News  
**11.05** Family Guy **11.55** Are You Fitter  
Than a Pensioner? **12.55am** Little  
Britain Abroad **1.55** Russell Howard's  
Good News **2.25** The World's Strictest  
Parents **3.25** The Real Hustle: High  
Stakes **3.55-4.55am** Lip Service

**E4 (136)**

**7.00pm** Hollyoaks **7.30** Friends **9.00** The  
Big Bang Theory: *Leonard's mother pays  
a visit*. **9.30** How I Met Your Mother **10.00**  
PhoneShop **10.35** The Inbetweeners:  
*It's the last one! Boo!* **11.05** School of  
Comedy **11.40** Misfits **12.45am** Scrubs  
**1.35** Glee **2.20** Misfits **3.15** What About  
Brian **3.55** Switched **4.15** Accidentally on  
Purpose **4.40-6.00am** Switched

**DAVE (111)**

**7.00pm** Louis Theroux's Weird  
Weekends: *America's body-building  
subculture*. **8.00** Top Gear **9.00** Mock the  
Week **9.40** Qi **11.00** Dave's One Night  
Stand **12.00m't** Mock the Week  
**12.40am** Qi **1.55** Chandon Pictures  
**2.20-3.00am** Never Mind the Buzzcocks

**MTV (350)**

**7.00pm** Teen Mom **8.00** Randy  
Jackson's America's Best Dance Crew



**sky1**

**6.00am** The Biggest Loser US (R) **7.00** Brainiac: History Abuse (R) **8.00** Oops TV (R) **9.00** Zoo Vet at Large (R) **9.30** Zoo Vet at Large (R) **10.00** Bones (R)(HD) **11.00** Kim's Rude Awakening (R)(HD) **11.30** Medical Emergency (R) **12.00noon** The Biggest Loser US **1.00pm** Project Runway (R) **2.00** Bones (R)(HD) **3.00** Stargate Atlantis (R)(HD) **4.00** Stargate Atlantis (R)(HD) **5.00** Malcolm in the Middle: Comedy. (R)(HD) **5.30** Futurama (R) **6.00** Oops TV (R) **6.30** The Simpsons (R)

**7.00 The Middle** (HD)

**7.30 The Simpsons**

Lisa signs up to coach Bart's little league team to help her application for Ivy League colleges. (HD)

**8.00 Modern Family**

Claire and Mitchell agree to be brutally honest with each other's partners. (HD)

**8.30 The Simpsons** (R)

**9.00 An Idiot Abroad**

**MUST-SEE** This week, the hilarious Karl Pilkington is distinctly underwhelmed by the pyramids in Egypt. Ace! (HD)

**10.00 A League of Their Own**

**MUST-SEE** With Rob Brydon and Jessica Ennis. (HD)

**10.30 A League of Their Own**

**MUST-SEE** With comic Jack Whitehall. (R)(HD)

**11.00 NCIS: Los Angeles**

A Marine is found murdered. (R)(HD)

**12.00m't Deadly Suspicion**

**FILM** Psychological thriller starring Marilu Henner. (HD)

**1.40** Road Wars (R) **2.10** Oops TV (R) **2.40** Oops TV (R) **3.10** Brainiac **3.20** Lost (R) (HD) **4.20** Salon Takeover (R) **5.10-6.00am** Smarter Than a 10 Year Old? (R)

**10.35** Sharp End **11.05** The Wales Show **11.35-12.05am** Wrong to Buy?: Tonight

**9.00** Jersey Shore **10.00** The Hard Times of RJ Berger **11.00** Scream Queens **12.00m't** South Park **1.00am** 20 Greatest Celeb Reality Fights **2.00** South Park **3.00-6.00am** All the Hits

**SYFY (129)**

**7.00pm** Buffy the Vampire Slayer **8.00** Fact or Faked: Paranormal Files **9.00** Warehouse 13 **10.00** Haven **11.00** A Town Called Eureka **12.00m't** **FILM** Transmorphers: Fall of Man: Sci-fi action thriller starring Bruce Boxleitner and Jennifer Rubin. **1.40am** Thunderbirds **3.00** Mysterious Ways **4.00** Quantum Leap **5.00-6.00am** Smallville

**FX (164)**

**7.00pm** NCIS **9.00** Family Guy: Double-bill of the ace series. **10.00** American Dad! **11.00** Better Off Ted **12.00m't** Farscape **1.00am** Babylon 5 **2.00** ReGenesis **3.00-4.00am** Water Rats

## TODAY'S MUST-SEES

### KARL'S CAMELS!



"I've got the right hump with you"

### An Idiot Abroad

Sky1/HD 9pm

**COMEDY**

For most of us, a free trip around the world would be the best thing ever. For round-headed buffoon (Ricky Gervais' words, not ours!) Karl Pilkington, it's an endless nightmare! Camel rides, a cruise down the crocodile-infested River Nile, and of course, the majestic pyramids do nothing to impress the thoughtful Mancunian. "I'm not blown away. It's just a building site. I'm tempted to ask for a hard hat," says Karl when confronted with one of the most incredible scenes on Earth. And that's why we love him! ★★★★★



"I've matched my top with the wall"

### Nikita

Living, 9pm

**DRAMA**

Nikita (Maggie Q) is still on her mission to take down the corrupt Division agency and, with a journo's help, tries to track down a student who has incriminating video footage. Will they get to the stude before Division do? ★★★★★



"I could look at Maggie Q all day"

### A League of Their Own

Sky1/HD, 10pm

**COMEDY**

A double-bill of sport, comedy and, most importantly, Georgie Thompson. James Corden puts the questions to Jack Whitehall, Michael Owen, Jessica Ennis and Rob Brydon. ★★★★★



"Fatty!"  
"Big ears!"

### Never Mind The Buzzcocks

BBC2, 10pm

**COMEDY**

A brand-new series, with cover version king Mark Ronson hosting this, the first episode. Saturdays hottie Mollie King and rapper Tinie Tempah join Fielding and Jupitus. ★★★★★

Nuts PROMOTION

**Nuts FASHION**  
POWERED BY USC

Stay ahead of the trend!



USE  
NUTS20 AT  
CHECKOUT  
TO GET  
20% OFF!

ALL ITEMS AVAILABLE AT [WWW.NUTS.CO.UK/FASHION](http://WWW.NUTS.CO.UK/FASHION)

USC



Nuts PROMOTION

# Nuts FASHION

POWERED BY USC

NEW TO  
Nuts!

## Stay ahead of the trend!

ADIDAS JACKET £90

USE  
NUTS20 AT  
CHECKOUT  
TO GET  
20% OFF!



GIO GOI BELT £25



GIO GOI T-SHIRT £25



DIESEL JEANS £100



NIKE BAG £30



SOVIET SHIRT £20



ALL ITEMS AVAILABLE AT [WWW.NUTS.CO.UK/FASHION](http://WWW.NUTS.CO.UK/FASHION)

USC  
WWW.USC.CO.UK



## FASHION



Every bloke loves a **MUFF**

Introducing the new **Blonde MUFF Diver Watch**

**JUST £59.95**

INCLUDING FREE P&P\*  
FOR READERS OF THIS MAGAZINE

- Solid Stainless Steel Case
- Pure white textured dial
- Luminous hands and numerals
- Uni-directional white and yellow bezel
- Yellow second hand
- Date window
- Screw down lock crown
- Water-resistance 10atms (330ft)
- High endurance white rubber strap
- Engraved MUFF logo on buckle
- Presentation box

ORDER ON

**0845 223 6969**

PLEASE QUOTE  
CODE: NT1010

OR GO TO **www.muffuk.com** CLICK "BUY NOW" & ENTER CODE: NT1010

\*Free P&P UK mainland only. MUFF Watches UK, 180 Piccadilly, London W1J 9HF.

**GO TO THE WEBSITE TO SEE WHICH LATEST CELEBRITY IS WEARING A MUFF!**



NEW & EXCITING!

**MUFF**  
**DIVER**  
THE SPORTS PROFESSIONAL  
DIVERS WATCH

## JOKELINES

**Wacky's** Just like a real conversation ... these WindUps respond to what is said!

### WINDUP CALLS!

1. Sex Survey - Very rude & embarrassing.
- 2/3. Your numbers on my boy/girlfriends mobile - Why?
4. Overdue CreditCard - We're sending the Bailiffs.
5. You got my Girlfriend pregnant - Wanna fight?
6. 'Honey Trap' Call - Are they cheating on you?
7. Wrong Number - Is that the Massage Parlour?
8. The VAT Office want their £20k ... or else.
9. Your Car Insurance is being Revoked - from 12pm.
10. Caught Downloading Internet Porn ... & a virus!
11. Strange £1Million Bank account Deposit - Why? + more online

**0906 663 0211**  
BME: 157 099 9375

HOW: Choose a Wind-Up, Call, Tell us their name & number, Sit back & listen secretly as we call them & play the Wind-Up ... Let the fun begin!

... asks for your victim by name!

Helpline: 0844 482 2432. UK calls cost £1.50/min. Eire calls cost £1.75/min. Mobile's cost more. Bill payers permission required. 18+ only. For entertainment purpose only. Visit [www.wackyprankcalls.com](http://www.wackyprankcalls.com) for more.

## FOR SALE

**WELL COOL STUFF.COM**

100's of T SHIRTS and COOL GIFTS

BB Guns & Paintball Supplies

Digital Scales

ONLY £14.99

BIRD OF THE WORD 665

HOW TO KILL A ZOMBIE

T-SHIRTS FROM £9.99

Official Pulp Fiction Wallet

Banksy Mugs

**Nuts**

To advertise in Nuts  
Alternative Xmas Guide  
call 0203 148 2558



**M65 REGIMENT JACKET**

Superior mens fashion  
this **Autumn**

M65 Regiment Jacket

See our full range online

**£79.95** [www.meanandgreen.com](http://www.meanandgreen.com)

08458 991133



# HOTMOBILEVIDEOS



## LUCY PINDER

GETS VERY NAUGHTY ON CAM!

372461



## SOPHIE READE

SHOWS YOU HER HOT ASSETS!

378767

Lucy Pinder And Lindsay Strutts Romp — 371682  
Too Rude Too Describe — 373512  
18 Yr Olds First Uncensored Home Movie — 372177  
Mates Mum Unleashes Her Massive Boobs — 371623  
My Naughty Girlfriend Got It On With My Bro — 376509  
Big Boobs Babe Shower Horny Play Vid — 376412  
Danielle Lloyd Naked — 371238  
Busty Blonde Frisky Play & Tease — 379082  
Rosie Jones And Friends Get Frisky For You — 379659  
2 Students Get It On — 376875  
Uncensored Girls Home Movie — 376146  
Seduced By Uni Girls — 372092  
Home Alone Housewife Plays On Cam — 376156  
My Dads Secretary Likes To Get Naked For Me — 379868  
I Caught My Ex With My New Girl — 371633  
Hot Neighbour Lets Me Film Her — 373865  
Snatch A Peek — 370672  
Girl Loves To Show Her Hot Rear! — 374431  
19yr Student Sleepover Turns Naughty — 375669

Stealing My Mates Girl — 376873  
Older Babe Teases Me So Much — 375924  
My Girls Best Mate Got Naked For Me — 379118  
Caught Sexy Neighbour Seducing My Girlfriend — 373642  
Spread On Her Back — 374778  
19 Year Old Frisky Tease — 370835  
Student Nurse Lets Me Film Her — 374393  
First Time On Camera — 370504  
Sophie Howard Exposed — 374785  
Best Mates Take It Further — 370961  
Sexy Brunette Caught With My Ex — 374465  
Naughty Nurses Huge Jugs Get Fondled — 377295  
Lucy Pinder Close Up — 376403  
Jana In The Bedroom — 374777  
My Girl And My Ex — 376874  
Caught My Sisters Mate Playing Outside — 376387  
Mates Sistergetting Naked — 378624  
Naughty Blondes Get Randy — 375602  
Home Alone Girlfriend — 377639



## TEXT ALERTS

Family Guy - Surfin Bird — 371356  
 Inbetweeners - Oooh Friend — 371404  
 Fast & Furious Dump Valve — 373846  
 Muttley Laugh — 373493  
 Gavin & Stacey - Whats Occuring — 375722  
 Submarine Sonar Bleeping — 378125  
 Big Bang Theory - Bazinga! — 372512  
 Stewie Griffin - Cool W-hip — 379613  
 Tarzan Call — 375138  
 Scooby Laugh — 370862  
 THX Digital Sound — 373753  
 South Park - You Killed Kenny — 371289  
 Peter - Griffin Rock Lobster — 370582  
 12 Fredrys Coming For You — 370580



Machine Gun — 376662  
 Peanut Butter Jelly Time! — 370621  
 Achmed - Silence I Kill You — 373885  
 Quagmire - Giggerty Giggerty — 371104  
 Peter Griffin Laugh — 374956  
 Pulp Fiction - Say What Again — 379696  
 Die Hard - Yippee Ki Yay... — 371360  
 The Hangover - Paging Dr F\*\*got — 372950  
 Inbetweeners - You Bumder! — 374183  
 Star Wars Lightsabre On Sound — 370655  
 Text On Fire Spoof — 374708  
 Meerkat - Meerkat Simples — 377015  
 Massive Fart — 371883  
 Road Runner — 374144  
 Darth Vader Breathing — 379705  
 Good Morning Vietnam — 378042  
 Mortal Kombat - Fatality — 372500



## THEME TUNES

StepBrothers - Boats N Hoes — 377007  
 The Inbetweeners — 376869  
 Only Fools And Horses — 373188  
 Dueling Banjos — 373290  
 True Blood — 376667  
 Convoy — 370522  
 Hangover Stu's Tiger Song — 376279  
 Good The Bad & The Ugly — 377281  
 Formula 1 — 376395  
 The X Factor — 371329  
 Benny Hill — 372156  
 Doctor Who 2010 — 372215  
 Captain Pugwash — 372828  
 NCIS — 376699

The A Team — 377152  
 Scarface — 375382  
 Rocky — 374964  
 Baywatch — 377277  
 Big Bang Theory — 374497  
 Prison Break — 371075

**FREE THEMETUNE TEXT ALERT!**  
 txt LINK37 to 80155 texts cost 25p

**TO ORDER:** txt DBM (space) ITEM CODE to 80155

EG: txt DBM 371356 to 80155

All items cost £3

**NO SUBSCRIPTIONS GUARANTEED**

**dbm**™

80155 is aged 16+. Requests to 80155 charged at 25p. Wap/ GPRS Required. Videos in excess of 500k. All models used are 18+. Free Video: standard network costs apply. Text alerts & theme tunes produced by impressionists and do not carry the approval or endorsement of the personality involved or any broadcasting institution. K2 Media or its associates may contact you by SMS with the latest promotions & similar products. To end text STOP to 80155. dbm is a Trade Mark of K2 Media Ltd, PO Box 162, Kendal, LA8 8WW UK. Support 0844 879 7228.



# FREE SEXY MOBILE VIDEO

For Every Reader!



TEXT: **SEXY** To: **82333**

→ **SMALL PRINT** ←

\*There is NO CHARGE to receive the movie.

18+. Mags sent to 82333 max 12p. FTXT: support@fxt.com Help 08707503254. Stop? text stop to 82333. Chat mags cost £1.50. We may send you free promotional and/or service messages.

## DATING

UK's BEST  
picture  
text &  
date  
service

FREE  
PICS!

Swap texts and pictures  
with UK women looking  
to meet guys now!

text **FLIRT** to **85588**

18+. This is NOT a subscription service. Standard network charges apply to messages sent. Your mobile should be able to send and receive MMS photos and videos. Texts billed at £1.50 p/message. Meetings not implied or guaranteed. MMM Ltd Helpline: 0844 824 7446 PO Box 55766 London E14 1DT

## GAMBLING

**fruit  
MACHINE**



Text **SPIN** to  
**88080**  
**WIN CASH!**

★ FREE TO DOWNLOAD ★



**£5**  
FREE BONUS  
KEEP WHAT  
YOU WIN!



GAMBLE RESPONSIBLY

gambleaware.co.uk

T&C apply. Text charged at normal operator rate, network data charges may apply. Full terms and conditions can be found at [www.mfortune.co.uk](http://www.mfortune.co.uk) or call 0845 460 1025

**RELAX & GET SEXY**

Amazing SEXY TEXT hook up with local girls to relieve your stress x See our lovely pics now on your mobile xxx

TEXT **EASY** to **67111**

LL P06538 NN27YN. Help 08431682256. 18+. SMS cost £1.50 each + standard network charges apply. To stop text 'STOP' to 69469.

**SEXY TEXT EASY AND QUICK**

Hot girls at home always ready & sexy FOR YOU! Text in now for girls pics -a great time guaranteed, full satisfaction xxx

TEXT **KISS** to **67111**

LL P06538 NN27YN. Help 0844 871 4497. 18+. SMS cost £1.50 each + standard network charges apply. To stop text 'STOP' to 69469.

**TEXT TALK**  
WITH PICTURE MESSAGING

25p per msg sent/recvd

Men: Text 'mpea' to 88199  
Women: Text 'wpea' to 88199  
Gay: Text 'gpea' to 88199

MIN SPEND £1.50

Helpdesk 0844 944 0002. Snd ntwk charges apply. 18+. Women: Ntwk charges only. Men/Gay: Join for 10p per msg for 1st 15 mgs sent/recvd, 25p thereafter. Pic mgs cost £1.50 each. This is a subscription svce, costing 25p per msg sent/recvd until you send STOP to 88199. SP: X-On.

**TEXTCHAT**

£1.50 for 1st 15 mgs sent/recvd. £1.50 per 6 mgs sent/recvd thereafter.

Men: Text 'mwall' to 88199  
Women: Text 'wwall' to 88199  
Gay: Text 'gwall' to 88199

18+ only. Helpdesk 0844 944 0002. Standard network charges apply. Women: Network charges only. Send STOP to 88199 to Stop. IP: X-On.

**TEXT CHAT!**

women text: ewall  
men text: mwall  
gay text: gwall

to: **69866**

**FREE FOR WOMEN!**  
1st 5 mgs FREE. £1.50 for 5 mgs sent/recvd thereafter.

18+ only. Helpdesk 0844 944 0002. Standard network charges apply. \*Women: Network charges only. Send STOP to 69866 to Stop. P: X-On.



Fulfil your fantasies - 18+ Adults only prs service

# The HOTTEST personas! The HOTTEST photos! AND VIDEOS

# Want the HOTTEST HOOK UPS?

18+ HAVE FUN TONIGHT! GET PHOTOS & HOOK UP VIA YOUR MOBILE WHEN IT SUITS YOU

<p>Gill, UK (34)</p> <p>Get my hot pix...and lets hook up...text</p> <p><b>GILL</b> to 68889</p>	<p>Anna, London (36)</p> <p>Get my hot pix...text</p> <p><b>ANNA</b> to 68889</p>	<p>Caro, Wales, (44)</p> <p>Get my hot pix...text</p> <p><b>CARO</b> to 68889</p>	<p>North East (18)</p> <p>Get my hot pix...text</p> <p><b>BLONDIE</b> to 68889</p>	<p>Tash, Glasgow (18)</p> <p>Get my hot pix...text</p> <p><b>TASH</b> to 68889</p>	<p>Minki, Leics (18)</p> <p>Get my hot pix...text</p> <p><b>MINKI</b> to 68889</p>	<p>Claire, UK (38)</p> <p>Get my hot pix...text</p> <p><b>CLAIRE</b> to 68889</p>	<p>Val, UK (40s)</p> <p>Get my hot pix...text</p> <p><b>VAL</b> to 68889</p>
--	---	---	--	--	--	---	--

25p per message sent into 68889 £1.50 per received text from 68889. MAXIMUM 4 BILLED MESSAGES PER REPLY. See virtual terms online at [www.ukeasyaction.com](http://www.ukeasyaction.com) STRICTLY ADULTS 18+

ASK ANY OF THE PERSONAS ON THIS PAGE FOR THEIR PHOTOS! THEY'RE ALL HOT AND THEY'VE ALL GOT 'EM!

Meg, Lancashire.

Get my hot pix AND VIDEOS...Text

**MEG** to 68889

Liz, 20s Hants/UK

Get my hot pix AND HOT VIDEOS...text

**LIZ** to 68889

Daze, anywhere UK

Get my hot pix...and HOT VIDEOS...text

**DAZE** to 68889

Jule, UK (40)

Hot single woman (40) wants to be contacted by guys 18-35 for fun easy times. Get my hot pix...and HOT VIDEOS Text

**JULE** to 68889

Messages sent in 25p. Messages received only £1.50. Maximum 4 messages per reply.

Milf, 40s North England

Fun loving naughty woman with photos Get my hot pix...text

**KISSY** to 68889

Nat (19) MIDLANDS/UK

Text me anytime & Get my pix...and HOT VIDEOS xxx

**NAT** to 68889

Mell, Belfast NI (18)

Single and fun loving looking to hook up soon!

Get my hot pix...text

**MELL** to 68889

Beth, North East (38)

Lets have some fun Get my hot pix...text

**BETH38** to 68889

Lib NORTH WEST (21)

Get my hot pix...and HOT VIDEOS too text

**LIB** to 68889

Carly, 18 UK

Get my hot pix...and HOT VIDEOS text

**CARLY** to 68889

Kyli 20, SUSSEX

Get my hot pix and VIDEOS...text

**KYLI** to 68889

Beverly Mids/UK (30s)

Saucy older woman wants to hear from younger guy 18+. Easy going, Fun loving kind single woman 35 - hopes age doesnt put you off! Get my hot pix...and hot videos text

**BEVERLY** to 68889

Katherine, WALES

Can't wait to send you my sexy photos. text anytime 24/7 Get my hot pix...text

**KATHERINE** to 68889

Janie, SOUTH (41)

Get my hot pix...text

**JANIE** TO 68889

Rita, Wales/UK (45)

Easy going, fun loving, ask me for my really hot pics! Get my hot pix...text

**RITA45** to 68889

Nici, LANCS 38 and HOT!

Get my hot pix...text

**NICI** to 68889

Leah, London/UK (19)

Get my hot pix...and HOT VIDEOS too text

**LEAH** to 68889

Tani South West/UK (43)

Get my hot pix...text

**TANI** to 68889

UK ANYWHERE

Lets hook up Get my hot pix...text

**HWILKIE** to 68889

Naughty, South West

Hot fun girl looking for flirts! Get my hot pix...and hot vids text

**NAUGHTY** to 68889

Amb UK

Get my hot pix...AND VIDEOS text

**AMB** to 68889

To SWAP TO A DIFFERENT PERSONA TEXT SWAP TO 68889 AT ANYTIME.

**18+ ONLY**

POSTCODE MATCH!

See who replies to your postcode....

To be matched to a woman (with HOT photos & maybe HOT videos Text- NUTS followed by your postcode to 68889 (for example NUTS NE344NB)

Text NUTS followed by your postcode to 68889 and get in on the action! Hook up via your mobile

\*Text SWAP anytime to swap to a different hot woman\* 25p per message sent in. £1.50 per received text.

**As Seen on TV**

HOOK UP NOW - VIA YOUR MOBILE

Strictly 18+. 25p for all sms text messages sent to 68889 & £1.50 per received sms text from 68889 (maximum 4 billed messages per reply) Photos/videos sent in/received charged at 2 billed messages at £1.50 each (£3 in total). You must check your mobile is able to send/receive videos or photos. Contact your network for possible network charges. Real people replying NOT a computer. You may receive some automated messages for billing purposes. Some free messages may be sent to users. You need a wap enabled phone to be able to receive photos and videos. Text chat & photos only. You must be the bill payer or have the bill payer's permission. Messages received may appear on your bill. No meeting made or implied. Photos are for display purposes and not to be reproduced. For fantasy entertainment only, areas/details to aid this. Virtual service Terms and conditions @ [www.ukeasyaction.com](http://www.ukeasyaction.com). please read the full virtual terms and conditions fully. B Media 331, 77 Beak Street, Soho, London W1F 6DB. HELP? 08458388647 To swap to a different persona text SWAP to 68889 at anytime. Please ensure you have credit in your phone if you are a PAYG user. We reserve the right to bar users if they are under 18. 18+ SERVICE only. To stop the service text STOP to 68889 at any time.



# GET LIVE & SEXY WITH NAUGHTY GIRLS AT HOME

 <p><b>MATURE LADIES</b> Hot mature Ladies know how to get sexy with you! They're always willing to please new callers xxx</p> <p><b>0909 897 2053</b></p>	 <p><b>45p PER MINUTE</b> <b>SWEET 18's +</b> So very adventurous &amp; fit bodies wanting men of all ages for adventure, fun and thrills xxx xxx xxx xxx</p> <p><b>0908 145 2545</b></p>	 <p><b>45p PER MINUTE</b> <b>SEXY GIRLS</b> Ask what you really want and we will do everything you like. You'll come back for more! xxx</p> <p><b>0908 145 0576</b></p>	 <p><b>SEXY &amp; MATURE OPEN ALL HOURS</b> Experienced Ladies - do you need it hard &amp; fast? Well just call these tasty oldies - best get off in the UK!</p> <p><b>0909 897 9111</b></p>
 <p><b>40+ YEAR OLD SHARON</b> Ladies at home that are mature in so many special ways. Chat now to mature women xxx</p> <p><b>0909 897 9416</b></p>	 <p><b>45p PER MINUTE</b> <b>GIRLFRIENDS JUST FOR YOU</b> Sexy babes at home desperate to be your girlfriend &amp; to please you in everyway possible.</p> <p><b>0908 145 0581</b></p>	 <p><b>MATURE WOMAN CRAVES ATTENTION</b> We just know how to get you off as fast as you want. Superfast, mind-blowing satisfaction from very experienced fit ladies xxx</p> <p><b>0909 897 0888</b></p>	 <p><b>45p PER MINUTE</b> <b>GIRLS AT HOME</b> Live flirty chat Single girls who do all the work. Total pure sexy 1on1 xxx</p> <p><b>0908 145 0580</b></p>
 <p><b>45p PER MINUTE</b> <b>ON THE PULL</b> The baddest girls in town who just adore horny guys looking for a quick fix and some adult relief at anytime xxx xxx</p> <p><b>0908 145 0575</b></p>	 <p><b>GORGEOUS SINGLES</b> Casual singles seriously up for it with as many guys as you can believe. 30 secs to serious heaven when you just need to get off</p> <p><b>0909 897 9412</b></p>	 <p><b>SUPERFAST RELIEF!</b> For a super fast sexy relief that is mind blowing, just give us a call. Girls giving live sexy 121!</p> <p><b>0909 897 9442</b></p>	 <p><b>JUST 18+</b> 18+ hot, alone &amp; ready to excite! Really naughty girls behaving badly live just for your pleasure. Call now talk to girls live xxx</p> <p><b>0909 897 2038</b></p>
 <p><b>45p PER MINUTE</b> <b>FAST RELIEF</b> Get ready to enjoy yourself. Cheap get off with lovely sexy girls desperate to relieve you and their own urges xxx</p> <p><b>0908 145 0579</b></p>	 <p><b>45p PER MINUTE</b> <b>COLLEGE GIRLS 18+</b> Looking for horny guys to fill their recreation time! Eager and willing to please, all guys needed urgently for the ultimate get off today x</p> <p><b>0908 145 0582</b></p>	 <p><b>45p PER MINUTE</b> <b>I'LL BLOW YOUR MIND</b> Fun thrills that'll blow your mind! If you want it live call now for the ultimate relief xxx</p> <p><b>0908 145 2543</b></p>	
 <p><b>VERY BROAD MINDED</b> Live sexy girls over 18 who do not mess around and get straight down to action! serious xxx</p> <p><b>0909 897 9333</b></p>	 <p><b>45p PER MINUTE</b> <b>HAVE FUN &amp; RELAX</b> Up close and personal - lovely girls at home just eager to go live with you 1 on 1 x</p> <p><b>0908 145 2542</b></p>	 <p><b>BEAUTIFUL LADIES</b> Lovely larger ladies who just want to give pleasure. 100% private and offering a real sexy adult time</p> <p><b>0909 897 9405</b></p>	 <p><b>HUNGRY HOUSEWIVES</b> Just hungry for a wicked time. These gorgeous ladies just looking for an erotic time. 100% totally sexy stimulation xxx</p> <p><b>0909 897 9447</b></p>
 <p><b>45p PER MINUTE</b> <b>SEXY GIRLS AT HOME</b> Beautiful funny intelligent sexy girls with lots of energy that needs to be used now x</p> <p><b>0908 145 2544</b></p>	 <p><b>VERY HOT LADIES</b> Girls that are at home that want any guys any age to totally satisfy. Horny sexy 121 x</p> <p><b>0909 897 0612</b></p>	 <p><b>45p PER MINUTE</b> <b>DIVORCED &amp; SEXY</b> Very bad women who will do all you ask anytime. Various horny partners needed urgently xxx</p> <p><b>0908 145 0577</b></p>	 <p><b>45p PER MINUTE</b> <b>HOT &amp; SEXY</b> When you just cannot wait and need a real fast quickie session. Call now for relief</p> <p><b>0908 145 0578</b></p>

**SEXY TEXT WITH LOCAL GIRLS - JUST TEXT 'EASY' TO 69469**  
**FOR CASUAL SEXY DATING VISIT [www.DATES-4U.co.uk](http://www.DATES-4U.co.uk)**

0908 145 Calls cost 45p per minute + network extras. 0909 897 Calls cost 60p per minute + network extras. Calls recorded. SMS cost £1.50 each to receive + standard network charges apply. To stop just text 'STOP' to 69469. Mobile users may receive free promotional messages. Callers must be 18+ only to use this service. LiveLines Ltd PO6538 NN2 7YN. Helpline 0844 871 4497.



# Nuts PUB AMMO

A pint of trivia and a packet of crisps, please!



The golden poison frog of Colombia gets its venom by eating an as-yet-unidentified beetle, which scientists believe to be the most poisonous living thing on Earth.

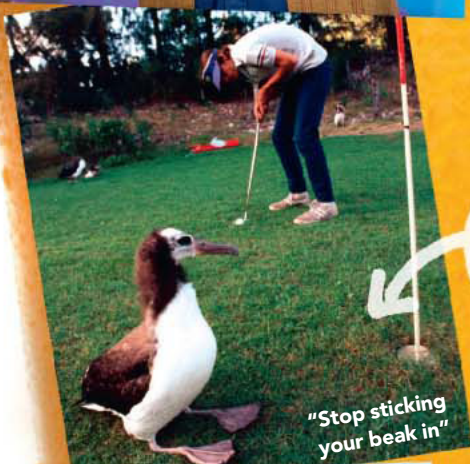
Because of the presence of nickel in iPods, it's possible for a person to be allergic to them.



There are five different countries across two continents with the word "Guinea" in their name.

There's a death metal band from Baltimore, USA, called Hatebeak, whose lead singer, Waldo, is a parrot.

Thinking about sex a lot will make a man's beard grow faster.



In 2006, a Washington man was bitten and poisoned by the decapitated head of a rattlesnake that he'd just killed with a shovel.

The golf term birdie originated in late-19th century USA, where the word "bird" was a slang phrase to describe anything good.

In 1985, the billionaire Forbes family paid \$156,000 for a bottle of wine. They then displayed the bottle under strong lights at an angle, rendering it worthless.

King John I of France became king on the day of his birth, 15 November 1316, ruled for five days, and then died on the 20th.

No team in the Premier League has ever been relegated after scoring more than six points from their first four games. After four games this season, Blackpool had seven points.

"Arachibutyrophobia" is the fear of peanut butter sticking to the top of your mouth.

## PUB AMMO ON... STEVE CARELL



- Carell originally wanted to be a lawyer, but when asked, "Why do you want to be a lawyer?" on an application form, he couldn't think of a reason.

- When he was at school, he was an ice hockey goalkeeper.

- Carell failed an audition to appear on the British TV improvisational comedy show *Whose Line Is It Anyway?*



- Guest voices in Carell's new animated film, *Despicable Me*, include the likes of Russell Brand and Jemaine Clement.
- *Despicable Me* is at UK cinemas from Friday.







**RIGHT  
GUARD**

***Xtreme  
Protection  
Xtreme  
Freshness***

**NEW**

**NEW**

***Anti-perspirant with anti-bacterial silver molecules,  
fights body odour at its source for 48 hours.***

***Shower gel, washes away odour causing bacteria.***

***START YOUR DAY RIGHT!***





"The podium"  
Jenson Button



Whatever's on Jenson's mind, with the world's number one anti-dandruff shampoo\* it's not dandruff.

